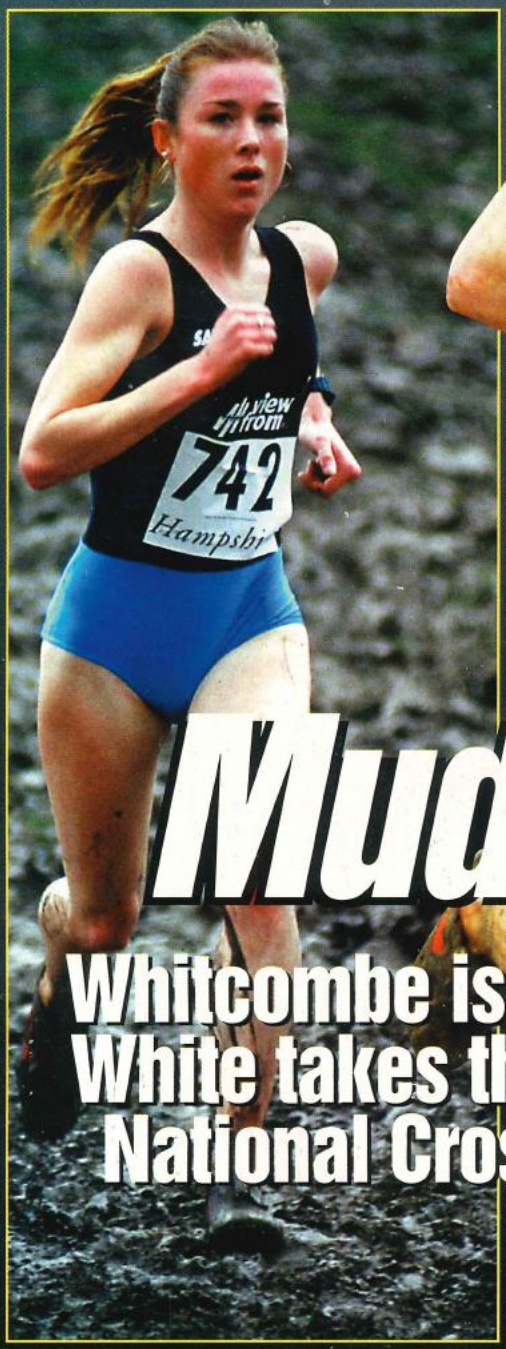
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Athletics Weekly

Wednesday March 12 1997

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Mud and glory

Whitcombe is first three-time winner and White takes the men's title at the English National Cross Country Championships

WORLD INDOOR CHAMPIONSHIPS

Kipketer smashes 800m record – twice

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Pictures: Trevor Jones

In this issue

VIEW FROM ENGLISH NATIONAL CROSS COUNTRY 12
Thirteen pages of reports, pictures and full results from Havant

LETTERS 25
Readers have their say

NEWS 26
The 600 phone calls that could cost BAF control of TV deals, plus golden great Jack Holden at 90

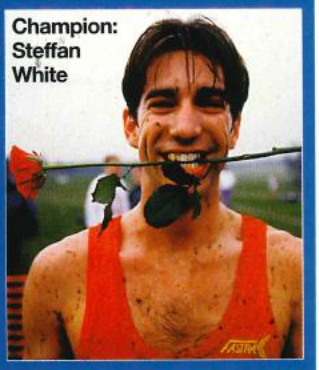
WORLD BEST STAT PACK 28
Expert analysis of the discus world records

ON THE ROAD 32
Over-training warning, plus countdown to London

PUMA ROAD RANKINGS 34
Five-mile rankings and Golden Shoe Award update

FELL 36
BOFRA deal and timetable, Transatlantic success, plus an ideal intro to the fells

VETS' VOICE 37
1996 10km rankings and European Indoor report



Champion: Steffan White

TRACK CHAT 38
Brunel early warning, Passey's new motivation, plus Gunnell makes plans

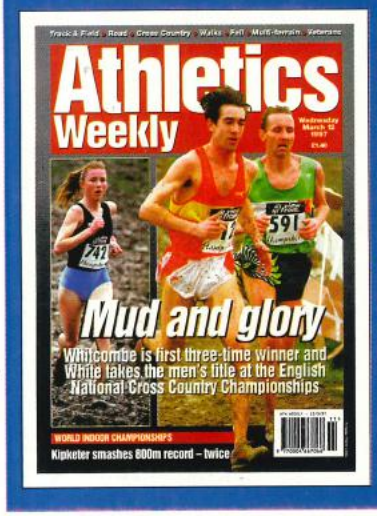
WHAT'S ON 39
Five pages listing everything you need to know about forthcoming events

ADVICE 44
Self-massage routine for the quadriceps

CROSS TALK 45
Not next year vows Denmark, plus Moon's place in history

YOUNG ATHLETE 46
Round-up from the U20 scene and a chance to win Reebok shoes

RESULTS 48
Ten pages of details from road, cross country, fell, indoors and walks from home and overseas

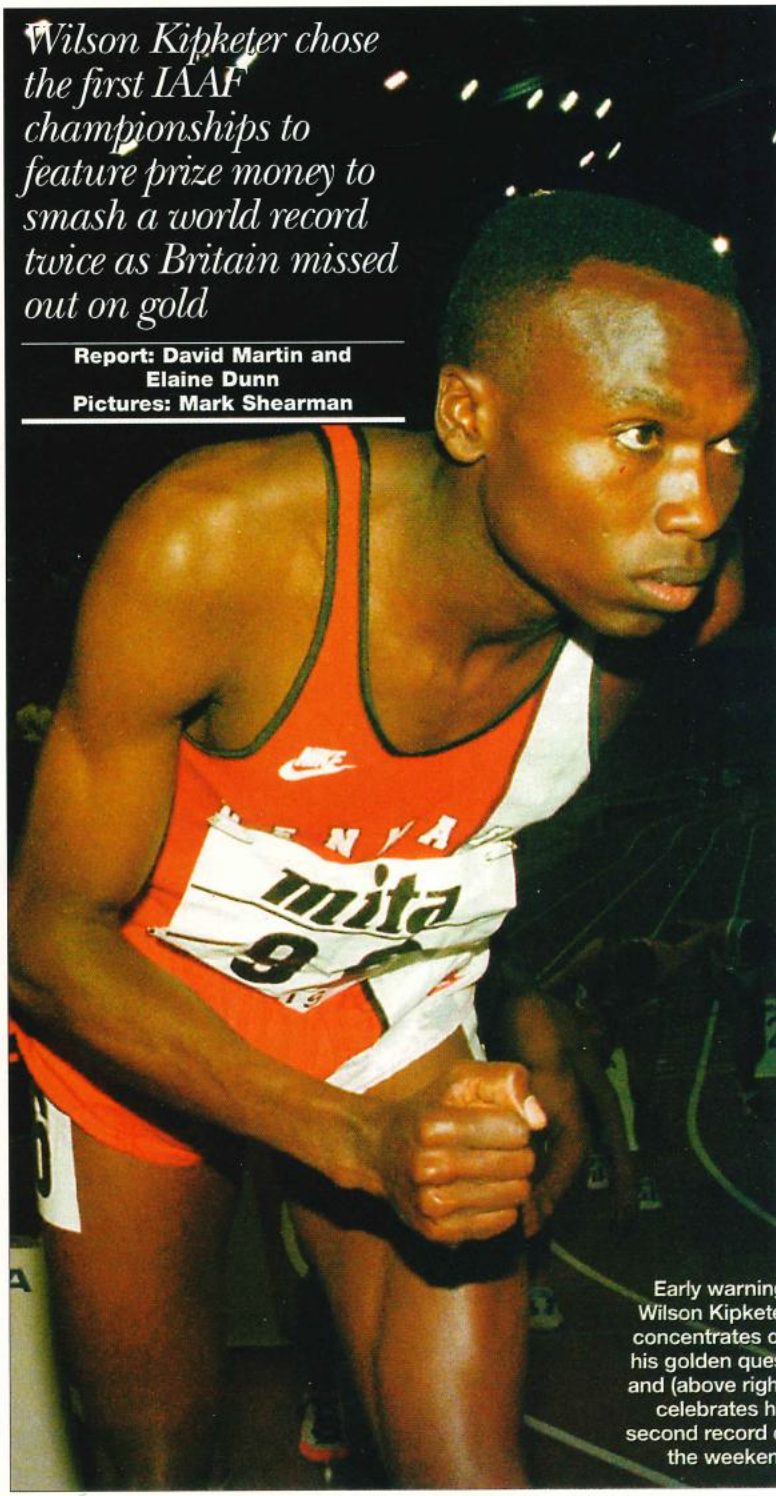


On the cover: National champions Andrea Whitcombe (left) and Steffan White (with No 591 runner-up Spencer Duval) in action at Havant

Kipketer Coe mar

Wilson Kipketer chose the first IAAF championships to feature prize money to smash a world record twice as Britain missed out on gold

Report: David Martin and Elaine Dunn
Pictures: Mark Shearman



Early warnin
Wilson Kipket
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his golden que
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second record
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WILSON KIPKETER opened and closed the World Indoor Championships with a couple of performances meeting promoters only dream about.

Even before IAAF president Dr Primo Nebiolo had performed the official opening ceremony in the first championships where prize money was on offer, Kipketer had posted a $50,000 cheque to his bank after breaking the world indoor 800m record.

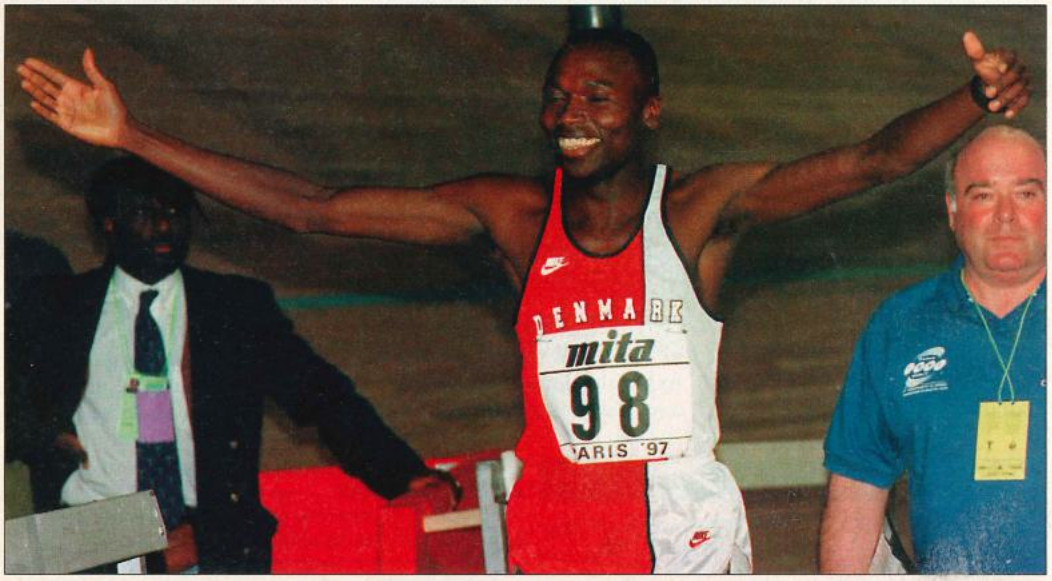
With a performance which astonished his rivals and the small but knowledgeable crowd watching a long day of preliminary rounds, the former Kenyan blasted out a fabulous figure of 1:43.96 way ahead of his bemused opponents.

Brushing aside suggestions that he had made a deliberate bid to better the 1:44.84 Paul Ereng achieved eight years ago in Budapest, Kipketer, who missed the Olympic Games after his native country objected to him appearing in the colours of his newly adopted home Denmark, insisted it had not been planned.

The 1995 world outdoor champion said: "I had no pressure on me and when I saw 24-something after the first lap I thought: 'Okay, I have to go for it.'"

His 200m time was actually 25.48 and he progressed through 400 in 50.77, reaching the bell in in 77.28. A quick calculation convinced him he needed a 27sec last lap to break what could prove to be his first of many 800m records.

"I only came here thinking about winning the gold medal," he said. "I knew I was running a perfect race. I was running constant, not too fast, not too slow."



In his semi-final Kipketer, who prepared at a secret location which leaked out to be the University of Arizona in Tucson, put on the brakes running a leisurely 1:48.49 in the third heat. Andy Hart was eliminated at this stage with a 1:49.20 clocking after a 1:48.45 heat.

Fireworks weren't really expected from Kipketer in Sunday's final. Having been told by the IAAF he would not receive a further $50,000 if he broke the record again, it was assumed he would settle for an easy run which would still assure him of prize money of that amount.

But Kipketer again went off like a whirlwind. In another one-horse race he passed half-distance in 50.22 and 600m in 76.49 before powering around the final circuit to record a mind-boggling 1:42.67.

Behind, Mahjoub Haida ran a Moroccan record of 1:45.76 with bronze medallist Rich Kenah of the USA leading a string of personal bests from the chasing pack in 1:46.16.

Certainly Sebastian Coe's 1979 outdoor record seems destined to fall if Kipketer can maintain this form during the summer. "After Friday's world record I thought Kipketer had a low 1:41 in him. After Sunday I think he can even go into the 1:40s," said former world mile record-holder Steve Cram.

In a championships where prize money ensured it was the best ever in terms of quality, Great Britain came away with three silver medals – won by Colin Jackson, Jamie Baulch and Ashia Hansen. Sadly, there was no gold, a commodity badly needed to raise the image of British athletics.

Jackson was angry after claiming a wrong decision robbed him of the title and the $50,000. Instead he had to settle for $30,000 as runner-up.

The world sprint hurdles record-holder indoors and out, Jackson travelled to Paris as odds-on favourite to add gold to the 17 championship medals he has won in his 12-year international career.

But in a race full of tension victory went to Anier Garcia, who equalled the Cuban record of 7.48, 0.01sec faster than the Briton with American Tony Dees claiming third in a season's best 7.50.

After being named the culprit in a false start, Jackson realistically knew his chances of victory had gone out of the window as he dare not risk another.

Jackson, also adjudged to have false-started in his semi-final on Saturday, fumed: "That's it. That's my last indoors. It was never a false start. I never false-start and I'm brassed off.

"Once you are false-started you have to hold back. I couldn't believe I was first out of the blocks. When we were called back I looked around and thought they must be mad."

Jackson had to play it safe when the race got away at the second time of asking. But his caution saw him the second slowest starter in the six-man

field and he recovered only enough to take silver.

On the day it mattered most Jamie Baulch fell off the top of the world, losing out to Nigeria's Sunday Bada in the chase for the 400m title.

Having established himself as the fastest man in the world this year with a Commonwealth record of 45.39 in Birmingham at the beginning of February, Baulch lost a sizzling encounter by a stride.

A thrilling clash saw Bada set an African record of 45.51 while Baulch went under 46 seconds for the fifth time with a time of 45.62. Shunji Karube of Japan finished third in 45.76, an Asian record.

Yet Baulch, coached by Linford Christie, went down fighting. Storming through the first 200m in 21.30 there was daylight between himself and the chasing pack led by Bada, Derek Mills of the USA and Karube.

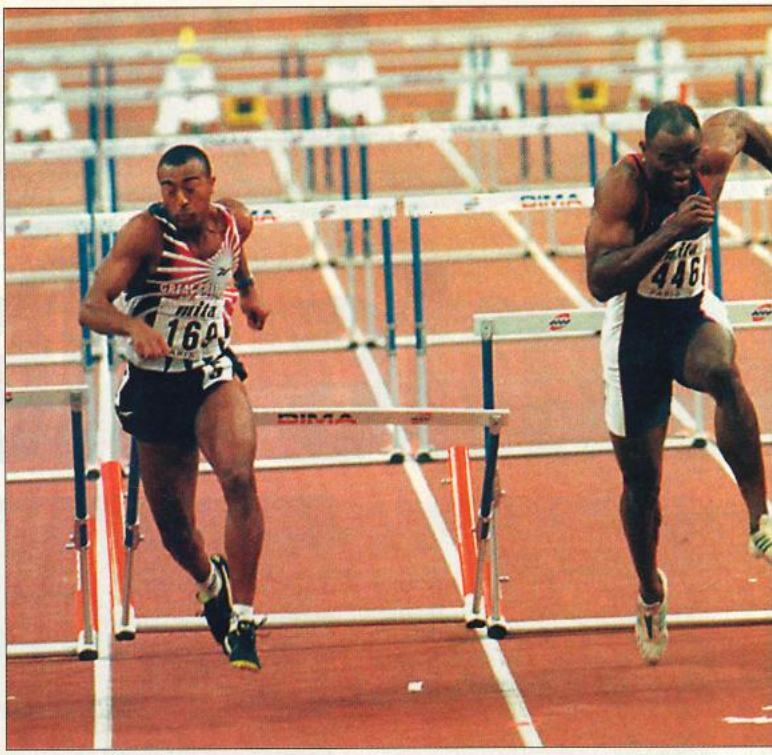
Beaten by Baulch at Birmingham a fortnight ago, Italian-based Bada, silver medallist in these championships in 1993 and two years ago, proved when running a season's best 46.06 in his semi-final, he had peaked at the right time.

And so it turned out. Warning bells rang for 23-year-old Baulch, winner of each of his six finals this season, when his more experienced opponent moved onto his shoulder on the final bend before easing past in the final 10m to win by a stride.

"With a 150 metres to go I thought I had gone off a bit too fast, but even then I felt I had a chance," said Baulch. "The crowd was so noisy I didn't hear Bada coming up on my shoulder.

"I tried to get back at him but there just wasn't enough left in my legs. At least I've got the silver. At the start of the winter I didn't even think I would make the team."

Mark Hylton, who went to Paris second in the world rankings, progressed to the semi-finals where he was narrowly eliminated by Bada and Mills after running 46.16.



Jackson and Baulch at least brought home consolation prizes. But another genuine gold medal hope, Steve Smith, who at 2.34m jumped higher than anyone else this season, managed only sixth place.

The Liverpudlian could only manage 2.25m as Olympic champion Charles Austin won with 2.35m from Lambros Papakostas of Greece (2.32m) and Yugolsavia's Dragutin Topic (2.32m).

John Mayock ran 7min 44.31sec for sixth place in the 3000m where world record holder Haile Gebrselassie of Ethiopia was a runaway winner in a championship record of 7min 34.71sec.

There was great expectation in the men's 4x400m with Baulch, Hylton and Guy Bullock all ranked in the world top 10 this season. But a disaster which the sprint squad normally saves for major meetings occurred in qualifying.

With Baulch and Hylton saving energy for their individual semi-finals, Richard Knowles and Sean Baldock were called up for their international debuts. It was one neither will forget.

Bullock (47.5) and Knowles (47.6) were slightly off the pace of the Jamaican and French teams. But on the third leg Baldock (47.6) pulled the quartet back into contention before everything went wrong.

The Hastings man handed the baton to Patrick who will have nightmares when he recalls how he let it slip when trying to transfer it to his

Diary – day one

9.00am Triple jumper Galina Cistjakova (SLO) gets the championships under way with a 13.30m effort.
9.20am The first national record of the championships is set by Eunice Barber (Sierra Leone, 8.39) in the pentathlon 60m hurdles.
9.59am It sounded like three guns going off but the women in heat four of the 200m continue around the circuit. The starter drags his podium off just in time as they roar into the finishing straight.
10.15am Katharine Merry withdraws from the championships with a leg injury.
10.25am Heat four of the men's 200m produces a national record of 20.77 for Bermudian Troy Douglas. Ireland's Gary Ryan runs 21.13 for a national record but Britain's Doug Turner goes out.
10.35am Mayhem. The women's pentathlon high jump begins, as does the women's triple jump qualifying and the men's pole vault qualifying. The high jumpers have to look right (vaulters) and then left (triple) before they can cross the runways. Remarkably there are no accidents.
11.00am Shot putter Mark Proctor tears a gluteal muscle during warm-up but competes, reaching 19.21m, just 39cm short of qualifying for the final.
11.40am Four of the first five heats are timed at 7.27 with France's Frederique Bangue the odd one out, registering 7.24.
1.20pm Pentathlete Tatyana Gordeyeva clears 1.92m for a high jump PB but not before Kouty Mawenh from Liberia is dragged from the 60m straight by an official after pulling up with cramp in front of Gordeyeva's take-off path.
1.30pm More confusion. The women high jumpers come out 30 minutes late and begin to lay their tape measures at all angles on the 60m straight, which is still being used.
1.45pm Officials sweep the track of sand sprayed by the long jumpers.
2.10pm Sally Gunnell finishes third in her 400m heat in 53.05 which is not enough to earn a place in the semi-finals.
3.00pm BBC commentator David Coleman has trouble with his headphone wire and demands it be taped up for Saturday.
4.05pm Nigerian Deji Aliu is given his marching orders after two false starts, but not before he protests and holds up the meeting for five minutes.
5.55pm It's a world record. Wilson Kipketer runs 1:43.96 for 800m in a remarkable demonstration of front running, but he's denied a lap of honour by the officials.
6.00pm Linford Christie settles in his seat in the BBC commentary box. Journalist Dave Martin arrives back in the press box with sunburn and dehydration after a break in the programme.
6.15pm Let the games begin. The opening ceremony is delayed by 15 minutes due to the women's high jump running over time.
8.00pm The first track final begins with a false start.
8.04pm Irina Privalova pulls up with a leg injury, leaving Gail Devers to win and complete the first lap of honour of the championships.
8.45pm Julian Golding arrives for his 200m semi-final and sits on the track without realising he's sitting in front of the national flags waiting for the medal ceremony.
8.55pm World leader in the men's triple jump Aliecer Urrutia of Cuba clears 17.45m despite having his all-in-one lycra twisted and only one strap over his shoulder.
9.07pm Geir Moen does not show for his 200m semi-final. He was to run against Ato Boldon, Kevin Little and Julian Golding.
9.08pm Boldon sets a 200m championship record of 20.41 looking very relaxed.
9.30pm The men's triple jump brings to an end the first day's programme thereby allowing all three marking judges to open their eyes. They've been sat watching while the competitors land and spray them with sand!



Crash bang wallop: Jackson, Dees and Garcia chase the hurdles medals

right hand. By the time he picked it up Britain's gold medal hopes were history.

Baldock said: "I think I gave him the baton. You can never tell, it's always so congested at the hand-over."

Heat winners Jamaica, who set a world leading 3:06.87, eventually took the silver medals in 3:08.11 behind the USA (3:04.11).

Prior to the championships, double Olympic bronze medallist Ato Boldon was telling anyone willing to listen that two gold medals would be coming his way.

But after looking at the timetable involving three 60m races and a 200m heat and semi-final on the first day, the Trinidadian opted to contest only the longer distance.

Boldon looked exceptionally sharp, running 20.41 to break the championship record of 20.54 set by John Regis in Budapest eight years ago.

But disaster struck Boldon in the final. Thirty metres from the line he pulled up clutching a hamstring injury. In fairness, Kevin Little, runner-up in the previous weekend's US trials, seemed to have the race won even then.

The under-rated Little – he ran 19.94 outdoors in 1995 with the wind at 2.1m/sec just over the limit – was superb, reducing the championship record to 20.40 ahead of Francis Obikwelu and Troy Douglas.

His victory also saw him become the first white American to win a senior international title since Bobby Morrow won the 100m and 200m gold medals in the 1956 Melbourne Olympics.

Doug Turner (21.90) was eliminated in his heat while Julian Golding (21.15) narrowly missed making the final when finishing third behind Boldon and Little in the semi.

The first day also saw a surprise winner of the 60m. Haraiambros Papadias, the Greek and Balkan champion, scorched to a national record of 6.50 ahead of world leader Michael Green and Davidson Ezinwa who ran a PB 6.52.

Papadias was last out of his blocks but his eight-hour daily training schedule saw him streak ahead of the field. His win deprived fifth-placed Bruny Surin of a hat-trick of successes.

Jason Livingston, in his first major championship after returning last summer from a four-year drug ban, was dejected by his performance in the 60m. Third place and a time of 6.70 saw him fail to progress beyond the heats.

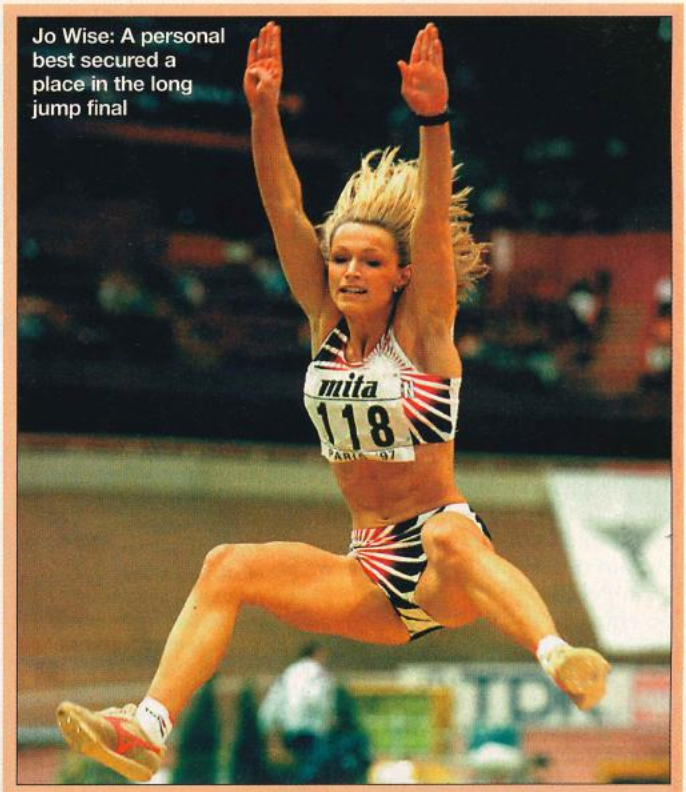
"It just did not happen for me. It wasn't what I was hoping for and I don't want to talk about it," said Livingston, who considered taking the first shuttle home but changed his mind to cheer on his colleagues.

In contrast Jason Gardener was sharp, running a season's best of 6.56. However, in his semi-final the Bath runner was a changed man, slipping to fourth and elimination in 6.62.

Hicham El Guerroudj's 1500m victory was simple to forecast. But the 22-year-old who last month ran a world record 3:31.18 and 3:48.45 for the mile, could not believe how easy defending his title would be. After a sluggish first 400m in 56.29, the Moroccan took up the pace.

By 800m (1:56.26) his opponents were falling away and at 1200m (2:52.99) barring a fall like the one that robbed him of an Olympic medal El Guerroudj had the race sewn up.

His time of 3:35.31 ahead of Rudiger Stenzel and William Tanui was a championship record. Ian



Jo Wise: A personal best secured a place in the long jump final

Diary – day two

9.40am Linford Christie arrives in the commentary box in time to watch Colin Jackson qualify for the final of the 60m hurdles, despite a mass of autograph hunters.

9.56am Jackson wins his heat in 7.51, pulling Jonathan Nsenga (BEL) to a 7.61 national record.

12.10pm Disaster. Britain's third relay change and they drop the baton. They are out of the men's 4x400 – the first GB 4x400m foul up since Alan Pascoe had the baton knocked from his hand in Montreal in 1976.

12.15pm Joanne Wise sets a PB of 6.62m for a place in the long jump final.

1pm Eureka. I discover the IAAF has finally found a desk for me to work on.

2.05pm Jean Claude Rabbath of Lebanon is carried out on a stretcher after falling off the high jump bed. Looks serious.

2.50pm The Press is told that Rabbath was taken to hospital but is not seriously injured.

3.00pm Adidas announces that Haile Gebreselassie and Noureddine Morceli will run against each other in Hengelo over two miles for a winner-takes-all $1m providing the winner breaks eight minutes.

4.00pm The first national anthem of the day is played when Germany's Sabine Braun receives her pentathlon gold.

4.05pm Dalton Grant leaves the stadium having jumped 2.27m, just 2cm below the high jump qualifying height.

4.07pm Ashia Hansen sets a UK triple jump record of 14.70m with her first effort.

5.35pm Lobingers perform simultaneously, one in the women's long jump and the other in the men's pole vault.

5.50pm Hansen goes into the BBC commentary box and is greeted with a big smacker from Paul Dickenson.

6.20pm Ivan Pedroso long jumps 8.48m.

6.22pm Colin Jackson called to his blocks in the semi-final. He wins in 7.51.

6.41pm Hansen receives her silver medal – all three flags are red, white and blue.

6.55pm Jamie Baulch enters the arena for his 400m semi-final and runs 46.02 to qualify.

7.30pm The women's high jump starts 90 minutes late.

7.55pm Greece win their second gold when Ekaterini Koffa sets a national record of 22.76 in the women's 200m.

8.02pm The men's 200m final gets under way at the second time of asking. Favourite Ato Boldon falls, clutching his leg with only five metres remaining, leaving Kevin Little to win his first major title.

8.05pm Boldon is stretchered off to the whistles of the crowd while Ivan Pedroso jumps 8.51m to equal his world indoor record.

8.21pm The first Mexican wave starts, but soon fades.

8.33pm Linford Christie leaves the BBC box carrying a Gucci carrier bag.

9.30pm Stefka Kostadinova of Bulgaria unsuccessfully attempts a world high jump record of 2.08m.

Campbell, 3:42.30, finished sixth in his heat.

Tennessee pop star Lawrence Johnson almost became the first black American vaulter to win a major championship title. But Kazakhstan's Igor Potapovich thwarted his ambitions winning by 5cm with a 5.90m clearance. Third place went to the 1992 Olympic champion Maksim Tarasov.

A personal best 21.02 won Yuriy Bilonoh of the Ukraine the shot gold ahead of Alexandr Bagach who set a season's best 20.94 with Olympic silver medallist John Godina (20.87) third. Mark Proctor and Matt Simson went out in the qualifiers.

Ivan Pedroso's fifth round leap equalled the long jump record of 8.51 he set two years ago in Barcelona and gave the Cuban another gold medal ahead of Kirill Sosunov (8.41 PB) and Joe Greene, who also jumped a personal best at that distance but lost out on countback.

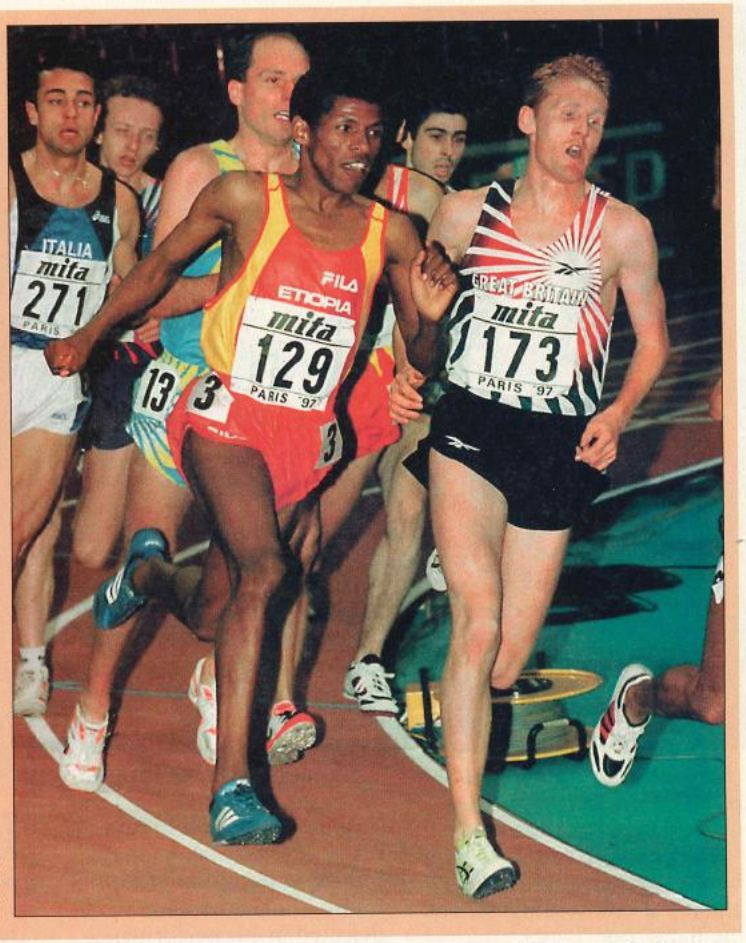
The heptathlon was won by Robert Zmelik of the Czech Republic with 6228 points ahead of Estonia's Erki Nool with a PB 6213 while third placed Jon Magnusson improved Iceland's national record to 6145.

Million-dollar challenge

TWO of the world's finest middle distance athletes, Haile Gebrselassie and Noureddine Morceli, will meet over two miles for a lucrative purse of one million dollars.

They will compete in the Adriaan Paulen Memorial in Hengelo, Holland, on May 31 – the day before Donovan Bailey and Michael Johnson meet in Toronto to find the world's fastest man – in a winner-takes-all deal, providing the first across the line dips under the eight-minute barrier.

Meeting organiser Jos Hermans said: "We have chosen the two-mile event because it seems to be a good compromise for the athletes. I believe this will be one of the most exciting and challenging events in the history of track and field."



Good company: John Mayock (173) alongside Haile Gebrselassie in Paris

IT WOULD have needed a world record for Ashia Hansen to win gold, but she still improved her British and Commonwealth record by 13cm on her first effort on her way to the silver medal.

The Shaftesbury Barnet Harrier's record was the best until Russia's Inna Lasovskaya produced a mighty 15.01m effort in the third round to go top of this year's rankings – an agonising 2cm short of the world record set by fellow Russian Iolanda Chen two years ago.

Lasovskaya said: "I didn't expect this. I thought 14.80 or 14.90 would have been good enough for gold. Paris is my favourite city and this has to be my favourite track now."

Hansen's silver medal came after she won a dramatic reprieve into the British team, a reprieve which enabled her to pocket $20,000 for finishing second.

"There has been a lot of tension in the last few days about my inclusion in the team, but I was so determined to do well," she said. "Throughout the competition I always thought I could win gold. I never gave up."

In the past Hansen's mental state has appeared to have let her down, but in Atlanta last year she laid that ghost, made it to the final and finished fourth which gave her a lot of confidence.

"I know I have the potential to be a 15-metre jumper, that's a mark which is more important to me," she said. "I really believe I can come back from Athens with a medal. I'm much stronger now, not just physically but mentally."

Age is no barrier. Yekaterina Podkopayeva at 44 and Mary Slaney at 38 proved that.

The Russian just gets faster with age. She stayed off the pace allowing Slaney to tow the 1500m field around the first couple of laps in 64.08 and through 800m in 2:09.81 and 1200m in 3:17.04. At the bell, passed in 3:33.58, it looked as though the American was on her way to her first World Indoor title but, as they entered the final straight Podkopayeva, who won this event in 1993 at the age of 40, found a little bit extra and moved to overtake Slaney.

Podkopayeva said: "I think this is the biggest win of my career. Just think, at the age of 44 I am a world champion. I'm very proud of that fact."

It is five years since Ireland's Sonia O'Sullivan last ran an indoor race and after having a disappointing Olympics she went to Australia to recover and prepare for these championships.

After the initial push for position in the 3000m O'Sullivan was happy to sit in as Olympic 10,000m champion Fernanda Ribeiro appeared content to make all the running. Defending champion Gabriela Szabo was just as happy to sit in third place.

Approaching the bell O'Sullivan took up the running, taking Szabo with her. Down the back straight for the final time O'Sullivan increased her lead but then as they hit the final bend Olympic 1500m silver medallist Szabo saw a gap on the inside and sneaked through, leaving O'Sullivan in silver medal position while setting a national record.

"I thought Sonia would be the greatest threat and I was right," Szabo said. "The slow first two kilometres helped me a lot because the best part of my race is the fast finish and today I proved it."

Gracious in defeat, O'Sullivan said: "I have no excuse. I thought I had run the perfect race. Maybe I went too early. Perhaps I should have left it a little longer.

"I knew I went wide on the final bend but didn't realise it was that wide until she was there and then it was too late."

Olympic 100m champion Gail Devers added the 60m title to her list of honours. But it wasn't all plain sailing for the American. She almost didn't qualify when she was placed third in the semi-final with only the first two certain to progress.

On examining the photo finish picture the result was amended to show Devers in second in 7.142sec while Greek Ekatarini Thanou was timed at 7.149.

The final got going at the second time of asking, and it only took World Indoor 50/60m record-holder Irina Privalova 15 strides before she felt a twinge in her left thigh and a couple of more strides before she was out of the

race, leaving Devers a clear winner.

"I'm very happy with the gold medal," Devers said. "I wanted to come here and do as well as I did in Atlanta. The result is excellent, but I do feel for Irina."

Russia went away with a world record from the women's 4x400m. They were never headed, clocking 3:26.84 and replacing Germany's time of 3:27.22 – set in March 1991 – at the top of the rankings.

Three times indoor champion Maria Mutola put the death of her father at the back of her mind for nearly two minutes as she successfully defended her title. Before dedicating her win to the memory of her father who was killed in a road accident just before the Birmingham BUPA Grand Prix.

For Britain's women the weekend wasn't too successful, though long jumper Jo Wise qualified for her first major final for four years with a personal best of 6.62m.

Then jumping fourth in the final, before the three big names Fiona May, Chioma Ajunwa and Heike Drechsler, Wise sailed out to 6.70m to equal Sue Hearnshaw's British record. Wise was unable to better that and had to settle for fourth behind Agate Karczmarek's 6.71m PB.

"I'm emotionally drained," Wise said. "After my 6.62m in qualifying I knew there was a lot more to come, especially as I wasn't on the board then.

"I also knew I was going to be out there for a long time and I had to get a good one in on the first attempt, which I did. But it wasn't enough. It's disappointing to miss a medal by so little."

Sally Gunnell and Phylis Smith were unable to progress beyond the 400m first round and semi-final respectively. "I'm just pleased to be feeling the pressure of a world championships again," said Gunnell.

But the pair had the consolation of playing their part in a 4x400m national record, when they teamed up with Michelle Thomas and Donna Fraser. They survived a narrow escape to reach the final as Gunnell had to grit her teeth when put under pressure in the final few strides to just get the edge over the French team. After that close call they were out of the medals come the final.

Pole vaulter Rhian Clarke equalled Janine Whitlock's national record of 3.90m despite being eliminated. "I'm disappointed at not making the final but I can't really complain about equalling the British record," she said.

Results

MEN

60

Round one, heat one: 1 D Ezinwa (NGR) 6.59; 2 R Wells (BAH) 6.65 NR; 3 JASON LIVINGSTON 6.70; 4 A Menal (FRA) 6.72; 5 W Nyambek (MAS) 6.80. N Nsue Andeme (GEQ) dns
Heat two: 1 K Rourak (UKR) 6.60 PB; 2 R Esmie (CAN) 6.61; 3 W Chen (CHN) 6.67; 4 G Puggioni (ITA) 6.75; 5 I Ntheppe (CMR) 6.82; 6 P Dangbo (BEN) 6.94
Heat three: 1 C Papadias (GRE) 6.55; 2 Y Zisimides (CYP) 6.64; 3 S Cali (FRA) 6.69; 4 M Gyulai (HUN) 6.82; 5 H Habib (KUW) 6.92
Heat four: 1 JASON GARDENER 6.56; 2 Nkansah (GHA) 6.58 PB; 3 Evans (USA) 6.66; 4 Slehobr (CZE) 6.75; 5 Janssen (ARU) 6.87
Heat five: 1 A Pavlakakis (GRE) 6.58 PB; 2 J Zirignon (CIV) 6.69 PB; 3 E Touffour (GHA) 6.73; 4 G Simon (ARG) 6.96. A Boldon (TRI) dns
Heat six: 1 R Stewart (JAM) 6.58; 2 F Ramirez (NOR) 6.63; 3 A Nketia (NZL) 6.73; 4 J Illan (ESP) 6.84; 5 J Polanco (ARG) 6.85; 6 P Mocci Raoumbe (GAB) 6.88
Heat seven: 1 B Surin (CAN) 6.56; 2 P Lovgren (SWE) 6.58 eq NR; 3 I Krsek (CZE) 6.77; 4 H Onohara (JPN) 6.80; 5 T Haba (GUI) 6.95
Heat eight: 1 T Montgomery (USA) 6.58; 2 Meite (CIV) 6.71; 3 Ito (JPN) 6.71; 4 Keita (SLE) 6.95; 5 Bonello (MLT) 6.97 NR. Mawenh (LBR) dnf
Heat nine: 1 M Green (JAM) 6.61; 2 A da Silva (BRA) 6.70; 3 F Feo (ESP) 6.73; 4 V Ngobogo (CAF) 7.04. O Diarra (MLI) dnf
Heat 10: 1 D Aliu (NGR) 6.59; 2 M Lume (GER) 6.67; 3 G Dobos (HUN) 6.76; 4 D Ersoy (TUR) 6.86; 5 A Silva (BRA) 6.88; 6 P Pulu (PNG) 6.88
Semi-final, heat one: 1 Papadias 6.53; 2 Stewart 6.54; 3 Esmie 6.54 PB; 4 Nkansah 6.57 PB; 5 Chen 6.67. Aliu dq
Heat two: 1 Ezinwa 6.57; 2 Lovgren 6.58 eq NR; 3 Pavlakakis 6.61; 4 GARDENER 6.62; 5 Evans 6.63; 6 Ramirez 6.74
Heat three: 1 Surin 6.50; 2 Green 6.50; 3 Montgomery 6.57; 4 Rourak 6.65; 5 Wells 6.65 eq NR; 6 Y Zisimides 6.73
FINAL (reactions in brackets): 1 Papadias 6.50 (0.10) NR; 2 Green 6.51 (0.16); 3 Ezinwa 6.52 (0.12) PB; 4 Stewart 6.55 (0.13); 5 Surin 6.57 (0.13); 6 Lovgren 6.61 (0.13)

200

Round one, heat one: 1 R Griffin (USA) 20.85; 2 I Garcia (CUB) 21.03; 3 A Douhou (CIV) 21.21 NR; 4 P Katsantonis (CYP) 21.32; 5 F Navarro (ESP) 21.33; 6 I Nafpliotis (GRE) 21.76
Heat two: 1 S Keitel (CHI) 20.99; 2 A Boldon (TRI) 20.99; 3 A Cipolloni (ITA) 21.15; 4 C da Silva (BRA) 21.58. M Janssen (ARU) dns, E Nkansah (GHA) dns
Heat three: 1 C Cheval (FRA) 20.94 PB; 2 F Obikwelu (NGR) 21.01; 3 P van Balkom (NED) 21.15; 4 K Ito (JPN) 21.68; 5 N de Silva (TRI) 22.66; 6 D Aligbane (ZAI) 23.82
Heat four: 1 T Douglas (BER) 20.77 NR; 2 E Wijmeersch (BEL) 21.02; 3 G Ryan (IRL) 21.13 NR; 4 MB da Silva (BRA) 21.50; 5 DOUG TURNER 21.90; 6 J Verme Villaran (PER) 21.98
Heat five: 1 K Little (USA) 20.73; 2 I Slehobr (CZE) 21.17 NR; 3 G Bernard (BEL) 21.32; 4 C Han (CHN) 21.61; 5 E Tuffour (GHA) 21.88
Heat six: 1 G Moen (NOR) 21.13; 2 JULIAN GOLDING 21.18; 3 M Gyulai (HUN) 21.29; 4 G Panagiotopoulos (GRE) 21.97. G Puggioni (ITA) dnf, C Santa (DOM) dns
Semi-final, heat one: 1 OBIKWELU 20.82; 2 Douglas 20.89; 3 Van Balkom 21.08; 4 Keitel 21.17; 5 Slehobr 21.61; 6 Gyulai 22.13 0.21
Heat two:1 Boldon 20.41 CBP; 2 Little 20.46; 3 GOLDING 21.15; 4 Bernard 21.61; 5 Ryan 21.84. Moen dns
Heat three: 1 Garcia 20.48 PB; 2 Griffin 20.52; 3 Cheval 20.83 PB; 4 Wijmeersch 21.33; 5 Douhou 21.81; 6 Cipolloni 21.87
FINAL: 1 K Little (USA) 20.40 CBP; 2 I Garcia (CUB) 20.46; 3 F Obikwelu (NGR) 21.10; 4 T Douglas (BER) 21.22; 5 R Griffin (USA) 21.27; A Boldon DNF

400

Round one, heat one: 1 JAMIE BAULCH 46.52; 2 T Mc Intosh (BAH) 46.59; 3 M Rusterholz (SUI) 46.65; 4 S Omori (JPN) 47.13 PB; 5 P Escriba (ESP) 49.90
Heat two: 1 S Bada (NGR) 46.58; 2 R Mackowiak (POL) 46.64 SB; 3 A Andres (ESP) 47.14 PB; 4 P Nyilasi (HUN) 48.21. D Kamoga (UGA) dns
Heat three: 1 S Parrela (BRA) 46.84 AR; 2 M Vaccari (ITA) 47.56; 3 V Koulbatsky (UKR) 47.76; 4 K Sampson (STV) 48.26; 5 S Man'diaye (MTN) 51.70. M Macdonald (JAM) dns
Heat four: 1 D Mills (USA) 47.10; 2 L Laird (JAM) 47.18; 3 S Brankovic (YUG) 47.42; 4 V Zadoinov (MOL) 48.18. C Chukwu (NGR) dns; M Moullai (IRN) dns
Heat five: 1 R Mashchenko (RUS) 46.90; 2 K Provost (BEL) 46.94; 3 S Karube (JPN) 47.08; 4 I Ismail (QAT) 47.32; 5 C Toledo (ESA) 49.23. N De Silva (TRI) dns
Heat six: 1 A Cardenas (MEX) 47.57; 2 D Kovacs (HUN) 47.81; 3 V Da Silva (BRA) 48.19; 4 E Rubayiza (RWA) 50.25 SB. G Haughton (JAM) dns; K Hughes (ANT) dns
Heat seven: 1 MARK HYLTON 47.58; 2 D Minor (USA) 47.61; 3 S Pesa (YUG) 47.64; 4 P Hilaire (FRA) 47.68; 5 K Widmer (SUI) 47.81; 6 M Ezra (UGA) 53.74
Semi-final, heat one: 1 BAULCH 46.02; 2 McIntosh 46.20 NR; 3 Cardenas 46.50; 4 Minor 46.68; 5 Vaccari 47.54; 6 Andres 47.71
Heat two: 1 Bada 46.06; 2 Mills 46.14; 3 HYLTON 46.19; 4 Laird 47.01; 5 Kovacs 47.23; 6 Omori 47.34
Heat three: 1 Karube 46.16 NR; 2 Mackowiak 46.22; 3 Parrela 46.33 AR; 4 Mashchenko 46.42; 5 Rusterholz 47.16; 6 Provost 48.30
FINAL: 1 S Bada (NGR) 45.51 NR; 2 JAMIE BAULCH 45.62; 3 S Karube (JPN) 45.76; 4 R Mackowiak (POL) 45.94; 5 D Mills (USA) 46.30; 6 T McIntosh (BAH) dnf

800

Round one, heat one: 1 M Koers (NED) 1:48.04; 2 P Soukup (CZE) 1:48.54; 3 E Tupuritis (LAT) 1:48.56; 4 O Munzer (AUT) 1:48.85; 5 D Mathews (IRL) 1:49.65; 6 P Purevsuren (MGL) 1:55.76. 400: 53.98 P Soukup
Heat two: 1 M Haida (MAR) 1:48.77; 2 M Eplinius (GER) 1:49.08; 3 A Longo (ITA) 1:49.30; 4 F Godoy (BRA) 1:49.93. M Alkherat (SYR) dns; M Moullai (IRN) dns. 400 54.22 A Longo
Heat three: 1 S Ngidhi (ZIM) 1:52.73; 2 B Lahlou (MAR) 1:52.79; 3 B Kaveshnikov (KGZ) 1:52.96; 4 J Rakotoarimanana (MAD) 1:53.28; 5 M Everett (USA) 1:57.16. 400 57.35 S Ngidhi
Heat four: 1 R Kenah (USA) 1:48.42; 2 R Chirchir (KEN) 1:48.54; 3 N Motchebon (GER) 1:48.69; 4 J Destine (HAI) 1:49.64; 5 R Oravec (CZE) 1:51.33; 6 R Silwimba (ZAM) 1:56.20. 400 52.85 R Oravec
Heat five: 1 W Kipketer (DEN) 1:43.96 WR; 2 J Nolan (IRL) 1:48.21; 3 ANDY HART 1:48.45; 4 K Osei (GHA) 1:49.00; 5 M Vernon Watson (JAM) 1:49.56. 400 50.77 W Kipketer
Semi-final, heat one: 1 Haida 1:47.22; 2 Tupuritis 1:47.47; 3 Vernon 1:48.32; 4 Osei 1:48.40; 5 Munzer 1:48.47; 6 Ngidhi 1:48.70. **400:** 51.97 Tupuritis
Heat two: 1 Koers 1:47.75; 2 Motchebon 1:48.20; 3 Soukup 1:48.73; 4 Nolan 1:48.75; 5 Lahlou 1:49.18; 6 HART 1:49.20. **400:** 53.92 Soukup
Heat three: 1 Kipketer 1:48.49; 2 Kenah 1:49.21; 3 Chirchir 1:49.52; 4 Eplinius 1:49.54; 5 Longo 1:50.45; 6 Destine 1:51.59. **400:** 54.34 Kipketer
FINAL: 1 W Kipketer (DEN) 1:42.67 WR; 2 M Haida (MOR) 1:45.76 (National rec); 3 R Kenah (USA) 1:46.16; 4 N Motchebon (GER) 1:46.19; 5 M Koers (HOL) 1:46.43; 6 E Tupuritis (LAT) 1:46.47

1500

Round one, heat one: 1 H El Guerroudj (MAR) 3:40.18; 2 N Bruton (IRL) 3:40.77; 3 J Pyrah (USA) 3:41.11; 4 L Feiteira (POR) 3:41.46 PB; 5 B Tolgyesi (HUN) 3:41.94; 6 IAN CAMPBELL 3:42.30; 7 G D'Urso (ITA) 3:46.06. I Adan (SOM) dns, B Koech (KEN) dns
Heat two: 1 W Tanui (KEN) 3:41.32; 2 A Diaz (ESP) 3:41.34; 3 C Impens (BEL) 3:41.97; 4 A Sediki (MAR) 3:42.52; 5 N Bosch (FRA) 3:43.10; 6 D Loser (GER) 3:48.01; 7 E de Oliveira (BRA) 3:51.41; 8 A

Diary – day three

9.00am Breakfast with the British team management. Everyone appears to be in good spirits and looking forward to a good day's athletics.

11.30am Bumped into David Littlewood and Cliff Franks from Britain, who are here working on the photo finish.

11.40am The final field event of the men's heptathlon, pole vault, starts. Already the stadium is filling up for the finals which begin at 1.40pm.

1.06pm The male high jumpers arrive to loud applause.

1.08pm The women long jumpers enter the arena. Jo Wise is fourth to jump. This could be a good event for Britain with Fiona May, born in Derby but now an Italian citizen, and Chioma Ajunwa, the Olympic champion who competes for Shaftesbury Barnet.

1.47pm The BBC commentary team arrive to take their positions.

1.49pm Jo Wise jumps 6.70m to equal the UK record, it must have something to do with having breakfast in bed, provided by room-mate Debbie Marti.

2.00pm The Kazakhstan flag is raised and the anthem played for the first time in an IAAF meeting.

2.03pm Heike Drechsler has to abort her run-up because fellow German Wolfgang Kreissig runs in her path on his high jump run-up.

3.00pm History is made with the first IAAF World Indoor Championship pole vault final for women.

3.39pm The announcer greets the 400m men as the 800m medallists, much to Jamie Baulch's amusement.

6.00pm Linford Christie and the BBC team leave their commentary positions.

7.10pm The last medal ceremony takes place when Yoel Garcia of Cuba receives his medal. Unfortunately he was the only one to turn up as team-mate Aliecer Urrutia was in the medical room and Russia's Aleksandr Aseledchenko was in doping control. The minute it is all over the Russian turns up.

7.15pm The lights all go out so the closing ceremony can go ahead – the journalists who are still working complain.

8.10pm There is hardly any track left as the workman move in to dismantle everything.

Abeli (ITA) 3:57.65. M Yaqoub (SUD) dns
Heat three: 1 R Stenzel (GER) 3:39.36; 2 A Hakimi (TUN) 3:39.49; 3 K Chekhemani (FRA) 3:39.52 PB; 4 B Zorko (CRO) 3:39.61; 5 G Hood (CAN) 3:40.07; 6 V Shabunin (RUS) 3:40.13; 7 S Agar (DMN) 3:45.33; 8 G Mvuyekuri (BUR) 3:51.78. C Sequeira (NCA) dns
FINAL: 1 El Guerroudj 3:35.31 CR; 2 Stenzel 3:37.24; 3 Tanui 3:37.48; 4 Zorko 3:39.25; 5 Diaz 3:39.73; 6 Hakimi 3:39.91; 7 Pyrah 3:41.64; 8 Bruton 3:42.65; 9 Impens 3:42.89; 10 Shabunin 3:44.85; 11 Hood 3:45.03; 12 Chekhemani 3:49.47. **400:** 56.29 Shabunin; **800:** 1:56.26 El Guerroudj; **1200:** 2:52.99 El Guerroudj

3000
Round one, heat one: 1 G Di Napoli (ITA) 7:52.72; 2 M Kiptanui (KEN) 7:52.98; 3 F Bayisa (ETH) 7:53.24; 4 E Lahssini (MAR) 7:53.53; 5 C Garcia (ESP) 7:54.01; 6 R Andersen (DEN) 7:54.72; 7 K Maase (NED) 7:54.79 PB; 8 IAN GRIME 7:56.30 PB; 9 R Reina (USA) 7:57.00; 10 M Ostendarp (GER) 8:02.47; 11 M Carroll (IRL) 8:05.49; 12 C Maia (POR) 8:06.58; 13 M Hha Wu (TAN) 8:18.28
Heat two: 1 H Gebrselassie (ETH) 7:50.14; 2 I Sghir (MAR) 7:50.42; 3 P Bitok (KEN) 7:51.53; 4 JOHN MAYOCK 7:51.69; 5 S Chebili (FRA) 7:52.55 PB; 6 M Pegoretti (ITA) 7:52.60; 7 A Jimenez (ESP) 7:52.95 SB; 8 S Drygin (RUS) 7:53.99; 9 S Vasala (FIN) 7:54.07; 10 J Bunston (CAN) 7:56.75; 11 A Warsama (QAT) 8:00.64; 12 K Claesson (SWE) 8:04.29; 13 R Benzine (ALG) 8:05.55; 14 M Davis (USA) 8:20.37
FINAL: 1 Gebrselassie 7:34.71 CBP; 2 Bitock 7:38.84; 3 Sghir 7:40.01; 4 Di Napoli 7:41.05 NR; 5 Kiptanui 7:41.87; 6 MAYOCK 7:44.31; 7 Bayisa 7:49.47; 8 Lahssini 7:50.54; 9 Jimenez 7:52.55; 10 Drygin 7:56.38; 11 Chebili 7:58.57; 12 Pegoretti 8:10.49

60H
Round one, heat one: 1 F Balzer (GER) 7.68; 2 T Li (CHN) 7.70; 3 R Foster (JAM) 7.77; 4 R Kronberg (SWE) 7.79 PB; 5 R Korving (NED) 7.80; 6 I Kazanov (LAT) 7.86
Heat two: 1 COLIN JACKSON 7.52; 2 J Nsenga (BEL) 7.61 NR; 3 S Thibaut (FRA) 7.72; 4 K Mehlich (POL) 7.87; 5 M Rossi (ITA) 7.98
Heat three: 1 A Garcia (CUB) 7.61; 2 R Mehlich (POL) 7.72; 3 K Vanderkuyp (AUS) 7.73 eqAR; 4 J Lisabeth (BEL) 7.75 PB; 5 C Sala (ESP) 7.81; 6 PP Chiamulera (BRA) 7.96 AR
Heat four: 1 D Ross (USA) 7.57; 2 I Kovac (SVK) 7.68; 3 P Lamine (FRA) 7.71; 4 A Putignani (ITA) 7.85; 5 D Kolesnitchenko (UKR) 7.94; 6 DAMIEN GREAVES 7.96
Heat five: 1 T Dees (USA) 7.56; 2 A Kislykh (RUS) 7.67 PB; 3 Y Chen (CHN) 7.70; 4 M Fenner (GER) 7.71; 5 A Haapakoski (FIN) 7.74; 6 G Gundersen (NOR) 7.88
Semi-final, heat one: 1 JACKSON 7.51; 2 Ross 7.57; 3 Kovac 7.62; 4 Balzer 7.68; 5 Li 7.72; 6 Lamine 7.76
Heat two: 1 Dees 7.51; 2 Garcia 7.51; 3 Nsenga 7.60 NR; 4 Chen 7.72; 5 Kislykh 7.74; 6 R Mehlich 7.76
FINAL: 1 A Garcia (CUB) 7.48 eq NR; 2 COLIN JACKSON 7.49; 3 T Dees (USA) 7.50; 4 D Ross (USA) 7.54; 5 I Kovac (SLO) 7.59 NR; 6 J Nsenga (BEL) 7.71

SP
Qualifying, group one: 1 J Godina (USA) 20.46; 2 M Halvari (FIN) 20.04; 3 M Martinez (ESP) 19.96; 4 KO Hauge (NOR) 19.78; 5 Y Bilonoh (UKR) 19.62; 6 C Fantini (ITA) 19.59; 7 M Mertens (GER) 19.43; 8 D Goncharuk (BLR) 19.43 PB; 9 MARK PROCTOR 19.21 (17.97, x, 19.21); 10 F Alves (POR) 18.98 NR; 11 P Chumachenko (RUS) 18.88
Group two: 1 O Buder (GER) 20.06; 2 A Harju (FIN) 20.04; 3 M Menc (CZE) 20.01 PB; 4 A Bagach (UKR) 19.91; 5 P dal Soglio (ITA) 19.82; 6 M Parlin (USA) 19.81; 7 V Alekna (LIT) 18.90; 8 A Gustafsson (SWE) 18.67; 9 MATT SIMSON 18.30 (x, x, 18.30); 10 B Mubarak (QAT) 18.29. J Vazquez (PAR) nm
FINAL: 1 Bilonoh 21.02 (20.46, 21.02, 20.83, -, 20.92, 20.85) PB; 2 Bagach 20.94 (20.49, 20.68, 20.79, 20.42, 20.94, 20.67); 3 Godina 20.87 (20.80, 20.85, -, 20.34, 20.87, 20.57); 4 Buder 20.70; 5 Martinez 20.37 NR; 6 Halvari 20.22; 7 Fantini 20.02; 8 Harju 20.00; 9 Menc 19.66; 10 Parlin 19.44; 11 Hauge 19.42. Dal Soglio nm

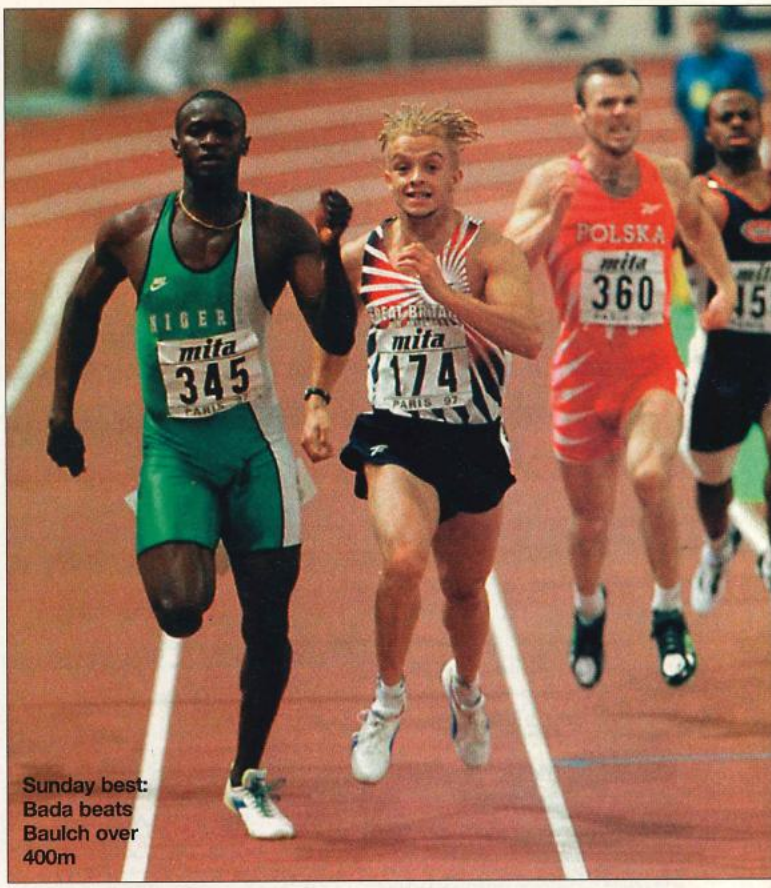
HJ
Qualifying, group one: 1 C Austin (USA) 2.29; 2 S Hoen (NOR) 2.29; 3 STEVE SMITH 2.29 (2.15xxo, 2.24xxo, 2.27o, 2.29xxo); 4 W Kressig (GER) 2.27; 5 D Detchenique (FRA) 2.27; 6 A Ortiz (ESP) 2.27; 7 C Liapis (GRE) 2.27; 8 S Kliugin (RUS) 2.24; eq9 K Boateng (CAN)/I Thompson (BAH) 2.20; eq11 J Janku (CZE)/K Matusevich (ISR) 2.20; eq13 M Mandy (IRL)/V Tyrtyshnik (UKR) 2.20; 15 M Turban (EST) 2.15; 16 JT Lee (KOR) 2.10
Group two: 1eq S Holm (SWE)/C Le Francois (CAN) 2.27 PB; eq3 DALTON GRANT (2.20o, 2.24o, 2.27xo)/L Papakostas (GRE) 2.27; 5 J Kotewicz (POL) 2.27; 6 D Topic (YUG) 2.27; 7 B Brown (USA) 2.24; 8 T Forsyth (AUS) 2.24; 9 S Ton (CZE) 2.24; 10 I Margalit (ISR) 2.20; eq11 H Becker (ESP)/I Kovacs (HUN) 2.15; 13 S Toyoshima (JPN) 2.15; 14 H Ndi Ndi (FRA) 2.10; 15 E Krehmic (BSH) 2.10. JC Rabbath (LIB) nm, C Rhoden (GER) nm
FINAL: 1 Austin 2.35 (2.20o, 2.29o, 2.32xo, 2.35xxo, 2.41xxx); 2 Papakostas 2.32 (2.20xo, 2.29o, 2.32xo, 2.35xxx); 3 Topic 2.32 (2.25xo, 2.32xxo, 2.35xxx); 4 LeFrancois 2.29 (2.20o, 2.25o, 2.29o, 2.32xxx); 5 Kreissig 2.29 (2.20xo, 2.25o, 2.29xo, 2.32xxx); 6 SMITH 2.25 (2.25o, 2.29, 2.32xx-, 2.35x); 7 Kotewicz 2.25 (2.15o, 2.25o, 2.32xxx); 8eq Holm (2.15o, 2.20o, 2.25xo, 2.32xxx)/ Hoen (2.20o, 2.25xo, 2.29x-, 2.32xx) 2.25; 10 GRANT 2.25 (2.20x-, 2.25xo, 2.32xxx); 11 Oritz 2.25 (2.15o, 2.20xo, 2.25xxo, 2.32xxx); 12 Detchenique 2.20 (2.15o, 2.20xo, 2.25xxx)

PV
Qualifying, group one: 1 R Botha (RSA) 5.70; 2 T Lobinger (GER) 5.70; 3 I Potapovitch (KZK) 5.65; 4 T Barthel (NOR) 5.65 eq NR; 5 V Strogalev (RUS) 5.55 6 M Ulvsback (SWE) 5.55; 7 M Voss (DEN) 5.55; 8 M Miranda (ESP) 5.30; eq9 S Fomenko (UKR)/A Giannini (ITA) 5.30. C Pallakis (GRE) dns, K Semyonov (ISR) nm
Group two: eq1 O Brits (RSA)/M Tarasov (RUS) 5.65; 3 A Andji (FRA) 5.65; eq4 W Deering (USA)/J Garcia (ESP)/L Johnson (USA) 5.55; eq7 M Eriksson (SWE)/M Stolle (GER) 5.55; 9 I Bagyula (HUN) 5.45; eq10 E Diaz (PUR) 5.30; 10 F Pizzolato (ITA) 5.30. K Gardenne (MRI) nm, D Krasnov (ISR) nm
FINAL: 1 Potapovitch 5.90 eq AR; 2 Johnson 5.85; 3 Tarasov 5.80; 4 Botha 5.75 PB; 5 Lobinger 5.75 PB; 6 Brits 5.65; 7 Barthel 5.65 eq NR; eq8 Garcia/Stolle 5.55; 10 Eriksson 5.55; 11 Andji 5.40. Deering nm

LJ
Qualifying, group one: 1 K Sosunov (RUS) 8.30 PB; 2 R Ducros (FRA) 7.98 PB; 3 E Walder (USA) 7.92 ; 4 C Toure (SEN) 7.84; 5 N Asahara (JPN) 7.83; 6 M Sunneborn (SWE) 7.81; 7 B Tarus (ROM) 7.75; 8 D Chatzopulos (GRE) 7.71; 9 Y Semenyuk (UKR) 7.69; 10 K Luczak (POL) 7.64; 11 N Ferreira Junior (BRA) 7.58; 12 C Yang (CHN) 7.57; 13 K Krause (GER) 7.56; 14 Z Zio (BKF) 7.49; 15 P Garcia (CUB) 7.34; 16 H Hatem (EGY) 7.26; 17 C Pogosyan (ARM) 7.21; 18 P Gai (GAM) 7.16; 19 E Manuel (AHO) 6.94
Group two: 1 J Greene (USA) 8.17 SB; 2 Y Tretyak (RUS) 8.13; 3 I Pedroso (CUB) 8.12; 4 G Cankar (SLO) 8.04; 5 B Tudor (ROM) 7.95; 6 A Glavatski (BLR) 7.95; 7 J Beckford (JAM) 7.95; 8 S Vasdekis (GRE) 7.92; 9 C Calado (POR) 7.85 NR; 10 G Huang (CHN) 7.59; 11 Y Moudrik (MAR) 7.49 NR; 12 O Borderan (FRA) 7.49; 13 R Emmian (ARM) 7.44; 14 R Fernandez (ESP) 7.18; 15 J M'Bon (CGO) 6.98; 16 M Esteve (AND) 6.85; 17 H Nai (TPE) 6.83; 18 N Nsue Andeme (GEQ) 5.77; 19 I Streltsov (UKR) 5.29
FINAL: 1 Pedroso 8.51 eq CR; 2 Sosunov 8.41 PB; 3 Greene 8.41 PB; 4 Walder 8.24; 5 Beckford 8.17; 6 Tretyak 8.12; 7 Cankar 8.02; 8 Vasdekis 7.99; 9 Glavatski 7.98; 10 Tudor 7.94; 11 Calado 7.50; 12 Ducros 6.31

TJ
Qualifying, group one: 1 C Friedek (GER) 17.02; 2 Y Garcia (CUB) 17.01; 3 S Njerve (NOR) 16.92; 4 T Ordina (HUN) 16.86 PB; 5 N Mdhlongwa (ZIM) 16.82; 6 A Aseledchenko (RUS) 16.75; 7 G Sainte Rose (FRA) 16.74; 8 L Carter (USA) 16.67; 9 S Izmailov (UKR) 16.44; 10 I Eftemie (ROM) 16.39; 11 L Zeng (CHN) 16.25; 12 MJ Batista (BRA) 16.21; 13 A Fatianov (AZE) 15.62
Group two: 1 A Urrutia (CUB) 17.45; 2 A Murphy (AUS) 16.83; 3 R Nachum (ISR) 16.82; 4 J Romain (DMN) 16.72; 5 H Glushenko (UKR) 16.71; 6 Z Czingler (HUN) 16.69; 7 G Markov (RUS) 16.65; 8 S Helan (FRA) 16.58; 9 S Al Ahmadi (SAU) 16.30; 10 I Angello (USA) 16.26; 11 AS Silva (BRA) 16.22; 12 B Wellman (BER) 15.61. C Calado (POR) nm
FINAL: 1 Garcia 17.30 (16.87, 17.03, 17.30, 17.05, 16.87, x); 2 Urrutia 17.27 (16.93, 17.27, 17.08, 17.11, x, x); 3 Aseledchenko 17.22 PB (x, 17.22, 16.82, 16.71, x, 17.22); 4 Friedek 17.16; 5 Murphy 16.96; 6 Nachum 16.81; 7 Njerve 16.81; 8 Ordina 16.65; 9 Romain 16.52; 10 Sainte Rose 16.41; 11 Glushenko 16.41. Mdhlongwa nm

Hept
(60, LJ, SP, HJ, 60H, PV, 1000)
1 R Zmelik (CZE) 6228 (7.00, 7.53, 14.51, 2.01, 7.88, 5.20, 2:42.41); 2 E Nool (EST) 6213 (6.86, 7.44, 14.70, 1.95, 8.08, 5.30, 2:40.75); 3 J Magnusson (ICE) 6145 (NR) (6.85, 7.56, 16.27, 2.04, 8.02, 4.60, 2:48.24); 4 C Huffins (USA) 6128 (6.61, 7.18, 15.55, 2.04, 7.80, 4.70, 2:53.53); 5 C Plaziat (FRA) 6106 (7.11, 7.58, 14.10, 2.04, 7.89, 4.90, 2:42.75); 6 S Fritz (USA) 6008 (7.15, 7.29, 14.93, 2.01, 7.97, 5.00, 2:46.97); 7 S Levicq (FRA) 5865 (7.25, 7.07, 13.64, 1.92, 8.15, 5.40, 2:44.56). T Dvorak (CZE)/S Chmara (POL)/J Benet (ESP) dnf



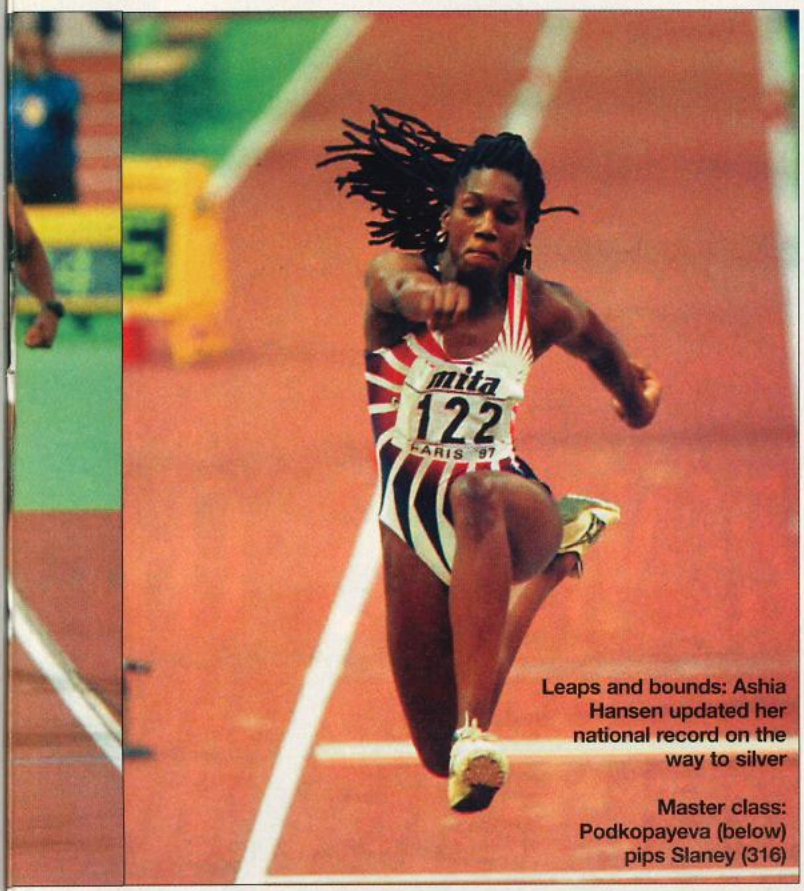
Sunday best: Bada beats Baulch over 400m

4x400
Heat one: 1 USA 3:08.03 (J Rouser, S Maye, M Everett, D Minor); 2 Austria 3:08.37 (M Lachkovics, R Elouardi, A Rechbauer, T Griesser); 3 Japan 3:08.58 (S Karube, D Tamesue, M Kan, S Omori); 4 Russia 3:08.85 (D Bey, D Kosov, D Guzov, D Golovastov); 5 Brazil BRA 3:10.50 (C da Silva, O dos Santos, F Godoy, G Maranhao Junior)
Heat two: 1 Jamaica 3:06.87 (G Robinson, M MacDonald, D Morgan, G Haughton); 2 France 3:09.50 (P Hilaire, R Nordin, L Lerouge, F Mango); 3 Italy 3:09.98 (A Nuti, A Aimar, A Saber, M Vaccari); Mexico 3:11.41 (A Cardenas, J Vallin, A Araujo, P Toledo); 5 GREAT BRITAIN & NI 3:14.55 (GUY BULLOCK, RICHARD KNOWLES, SEAN BALDOCK, ADRIAN PATRICK)
FINAL: USA 3:04.93 (Rouser, Everett, Maye, Minor); 2 Jamaica 3:08.11 (L Laird, MacDonald, Morgan, Haughton); 3 France 3:09.68 (Hilaire, Nordin, Leroughe, Mango); 4 Russia 3:09.75 (Bey, R Mashchenko, Kosov, Golovastov); 5 Austria 3:11.47 (Lachkovics, Elouardi, Rechbauer, Griesser); 6 Japan 3:20.18 (Karube, Tamesue, Omori, Kan)

WOMEN
60
Round one, heat one: 1 E Thanou (GRE) 7.27; 2 MARCIA RICHARDSON 7.29 PB; 3 S Prockofijev (SLO) 7.43; 4 E Posadas (PHI) 7.73. M Frazer (JAM) dns
Heat two: 1 I Privalova (RUS) 7.27; 2 J Perc (SLO) 7.33; 3 A Kravchenko (UKR) 7.47; 4 T Orcy (BRA) 7.62; 5 G Gallina (ITA) 7.64
Heat three: 1 C Ajunwa (NGR) 7.27; 2 E Clarke (BAH) 7.39; 3 BEV KINCH 7.42; 4 A Gurcan (TUR) 7.71. M Freeman (JAM) dns; H Samuel (ANT) dns
Heat four: 1 F Bangue (FRA) 7.24 ; 2 A Latimer (USA) 7.38; 3 K Gevaert (BEL) 7.47; 4 E Bobrovskay (KGZ) 7.66; 5 C Schnohr (DEN) 7.70
Heat five: 1 O Sidibe (FRA) 7.27; 2 H Rakotondrabe (MAD) 7.39; 3 K Knoll (AUT) 7.44; 4 L Kuetey (BEN) 7.71; 5 D Caruana (MLT) 8.06
Heat six: 1 G Devers (USA) 7.21; 2 E Ojokolu (NGR) 7.29; 3 S Hernesniemi (FIN) 7.34; 4 S Hennart (BEL) 7.51; 5 E Sordelli (ITA) 7.57; 6 E Barati (HUN) 7.64
Heat seven: 1 C Sturrup (BAH) 7.18 PB; 2 N Roshchupkina (RUS) 7.30; 3 M Tsoni (GRE) 7.32 PB; 4 S Mballa Eloundou (CMR) 7.41; 5 A Bello (ISV) 7.60; 6 A Khafaja (LIB) 8.35
Semi-final, heat one: 1 Privalova 7.08; 2 Devers 7.15; 3 Thanou 7.15 eq NR; 4 Perc 7.28; 5 Clarke 7.49; 6 Mballa Eloundou
Heat two: 1 Bangue 7.16; 2 Ojokolu 7.24; 3 Roshchupkina 7.29; 4 RICHARDSON 7.30; 5 Tsoni 7.32; 6 Hernesniemi 7.39
Heat three: 1 Sturrup 7.10 PB; 2 Ajunwa 7.12; 3 Sidibe 7.20; 4 Rakotondrabe 7.28 PB; 5 Latimer 7.32; 6 KINCH 7.41
FINAL: 1 Devers 7.06; 2 Sturrup 7.15; 3 Bangue 7.17; 4 Ajunwa 7.19; 5 Ojokolu 7.38; 6 Privalova 7.88

200
Round one, heat one: 1 M Gainsford-Taylor (AUS) 23.13; 2 M Frazer (JAM) 23.27; 3 V de Angeli (ITA) 23.32; 4 M Filipovic (YUG) 23.84; 5 A Bello (ISV) 24.34
Heat two: 1 J Cuthbert (JAM) 22.76; 2 Y Leshcheva (RUS) 23.17; 3 S Bodritskaya (KZK) 23.25 AR; 4 L Hewitt (AUS) 23.74; 5 C Gaines (USA) 23.78
Heat three: 1 S Goncharenko (RUS) 23.07; 2 P Davis (BAH) 23.30; 3 KATHARINE MERRY 23.82; 4 N Ivanova (BUL) 23.94; 5 D Combe (FRA) 24.31. A Gurcan (TUR) dns
Heat four: 1 M Donders (SUI) 23.72; 2 J Yan (CHN) 23.73 NR; 3 DONNA FRASER 23.78; 4 E Suchovska (CZE) 23.80; 5 A Bikar (SLO) 24.08. R Mangue Nue (GEQ) dns
Heat five: 1 E Koffa (GRE) 23.05 NR; 2 C Guidry (USA 23.43; 3 M Gatchevska (BUL) 23.72; 4 F Ficher (FRA) 23.88; 5 E Apollonio (ITA) 24.10 PB; 6 S Kirchmaier (AUT) 24.29
Semi-final, heat one: 1 Frazer 22.95; 2 Koffa 22.96 NR; 3 Donders 23.30 PB; 4 Gaines USA 23.31; 5 Bodritskaya 23.95; 6 Hewitt 23.97
Heat two: 1 Cuthbert 22.62 SB; 2 Leshcheva 23.00 SB; 3 Davis 23.04 SB; 4 De Angeli 23.39 ; 5 Gatchevska 24.47. MERRY dns
Heat three: 1 Goncharenko 22.88; 2 Guidry 23.48; 3 Suchovska 23.63; 4 FRASER 23.86; 5 Yan 24.18. Gainsford-Taylor dq
FINAL: 1 Koffa 22.76 NR; 2 Cuthbert 22.77; 3 Goncharenko 22.85; 4 Frazer 22.88; 5 Leshcheva 23.81. Guidry dns

400
Round one, heat one:1 C Opara (NGR) 52.02; 2 N Kaiser-Brown (USA) 52.86; 3 SALLY GUNNELL 53.05; 4 O Moroz (UKR)



Leaps and bounds: Ashia Hansen updated her national record on the way to silver

Master class: Podkopayeva (below) pips Slaney (316)



53.82; 5 M Filipovic (YUG) 54.18
Heat two: 1 G Breuer (GER) 52.43; 2 H Fuchsova (CZE) 52.69; 3 O Afolabi (NGR) 52.89; 4 T Movtchan (UKR) 52.96; 5 A Valdez (TRI) 55.79; 6 E Khanum (PAK) 64.74
Heat three: 1 S Richards (JAM) 52.26 PB; 2 I Tirlea (ROM) 52.49; 3 O Kotlyarova (RUS) 52.63; 4 PHYLIS SMITH 52.74. A Camara (GUI) dns
Heat four: 1 J Miles-Clark (USA) 52.63; 2 H Benesova (CZE) 52.94; 3 D Hemmings (JAM) 53.22; 4 G Arnardottir (ISL) 53.41; 5 N Bidouane (MAR) 53.54
Semi-final, heat one: 1 Opara 51.26; 2 Miles-Clark 51.55; 3 Tirlea 52.10 NR; 4 Movtchan 52.48; 5 Benesova 52.75; 6 Kotlyarova 53.17
Heat two: 1 Richards 51.53 PB; 2 Breuer 52.16; 3 Fuchsova 52.43; 4 Kaiser-Brown 52.82; 5 SMITH 52.86; 6 Afolabi 53.33
FINAL: 1 Miles-Clark 50.96 ; 2 Richards 51.17 PB; 3 Fuchsova 52.04 PB; 4 Tirlea 52.06 NR; 5 Opara 52.19; 6 Breuer 52.22

800
Round one, heat one: 1 J Clark (USA) 2:04.59; 2 I Turner (JAM) 2:04.86; 3 S Foulon (FRA) 2:04.91 PB; 4 J Zhang (CHN) 2:06.70. T Grigoryeva (RUS) dns, P Traya (NCA) dns. **400:** 61.86 Clark
Heat two: 1 L Vriesde (SUR) 2:04.14; 2 S Graf (AUT) 2:04.53; 3 R Zurcher (SUI) 2:04.82; 4 E Martson (UKR) 2:05.65 PB; 5 A Paulino (MOZ) 2:08.03. **400:** 61.68 Vriesde
Heat three: 1 M Mutola (MOZ) 2:04.60; 2 I Biriukova (RUS) 2:04.81; 3 Wickus (USA) 2:05.09; 4 V Fouquet (FRA) 2:05.73; 5 MICHELLE FAHERTY 2:06.78. **400:** 63.15 Mutola
Heat four: 1 T Hodgkinson (NZL) 2:01.64 AR; 2 N Dukhnova (BLR) 2:01.87; 3 L Formanova (CZE) 2:02.04; 4 HAYLEY PARRY 2:03.82; 5 A Menendez (ESP) 2:04.19 PB; 6 A Yorassem (CHA) 2:23.23. **400:** 60.38 Hodgkinson
Semi-finals, heat one: 1 Mutola 2:02.59; 2 Clark 2:02.93; 3 Biriukova 2:03.16; 4 Formanova 2:03.23; 5 PARRY 2:04.40; 6 Menendez 2:04.86. 400m 1:00.97 Mutola
Heat two: 1 Hodgkinson 2:00.90 AR; 2 Vriesde 2:01.41; 3 Dukhnova 2:01.89; 4 Zurcher 2:02.70; 5 Turner 2:03.51; 6 Graf 2:04.79. 400m 58.79 Vriesde
FINAL: 1 Mutola 1:58.96; 2 Dukhnova 1:59.31 NR; 3 Clark 1:59.82 PB; 4 Vriesde 1:59.84; 5 Hodgkinson 2:00.36 AR; 6 Biriukova 2:00.61 PB. **400:** 58.76 Mutola

1500
Round one, heat one: 1 Y Podkopayeva (RUS) 4:11.23; 2 S Hamilton (USA) 4:11.47; 3 C Sacramento (POR) 4:11.51; 4 L Chojecka (POL) 4:11.57 PB; 5 K Dulecha (ETH) 4:11.60 AR; 6 S Kuhnemund (GER) 4:12.22; 7 F Quentin (FRA) 4:15.32; 8 SHIRLEY GRIFFITHS 4:15.45. S Delahunty (IRL) dns; G Szabo (ROM) dns
Heat two: 1 P Djate-Taillard (FRA) 4:09.00; 2 M Slaney (USA) 4:10.27; 3 M Ewerlof (SWE) 4:11.02 PB; 4 C Gheorghiu (ROM) 4:11.02 SB; 5 M Marusova (RUS) 4:11.73; 6 M Zuyiga (ESP) 4:12.15; 7 J Maranga (KEN) 4:15.57; 8 G Griffiths (RSA) 4:20.52; 9 N Mancilla (BOL) 4:28.70; S O'Sullivan (IRL) dns; M Rydz (POL) dnf
FINAL: 1 Podkopayeva 4:05.19; 2 Slaney 4:05.22; 3 Djate-Taillard 4:06.16 NR; 4 Chojecka 4:06.25 NR; 5 Sacramento 4:06.33 NR; 6 S Kuhnemund 4:06.56; 7 Gheorghiu 4:07.04; 8 Ewerlof 4:09.72; 9 Dulecha 4:09.76; 10 Hamilton 4:10.82; 11 Zuniga 4:11.56; 12 Marusova 4:14.43

3000
FINAL: 1 G Szabo (ROM) 8:45.75; 2 S O'Sullivan (IRL) 8:46.19 NR; 3 F Ribeiro (POR) 8:49.79; 4 M Bastos (POR) 8:52.64; 5 M Dominguez (ESP) 8:52.74 NR; 6 O Yegorova (RUS) 8:52.99 PB; 7 F Fates (FRA) 8:54.98 PB; 8 L Duquenoy (FRA) 9:00.27; 9 L Gogoirlea (ROM) 9:00.75; 10 E Urrutia (ESP) 9:01.68 PB; 11 E Tarekegne (ETH) 9:02.42 AR; 12 C Goddard (USA) 9:04.05; 13 K Da Fonseca (GER) 9:05.78; 14 L Zaituc (GER) 9:17.50; 15 S Delahunty (IRL) 9:19.93. **1000:** 2:56.67 Fates; **2000:** 5:55.76 Ribeiro

60H
Round one, heat one: 1 M Freeman (JAM) 7.88; 2 K Anderson (CAN) 8.05; 3 C Aholu (FRA) 8.27; 4 E Wolfing (AUT) 8.35; 5 I Korotya (RUS) 8.57
Heat two: 1 P Girard (FRA) 7.99; 2 M Morrison (USA) 8.08; 3 V Nsiah (GHA) 8.11; 4 CLOVA COURT 8.18; 5 J Zhou (CHN) 8.38; 6 A Camara (MLI) 9.08
Heat three: 1 C Dickey (USA) 8.05; 2 C Sonn (GER) 8.11; 3 M Greftad (NOR) 8.16 SB; 4 N Grigoreva (UKR) 8.17; 5 N Kobayashi (JPN) 8.35
Heat four: 1 G Russell (JAM) 7.88 PB; 2 Y Kanazawa (JPN) 8.24; 3 O Ovcharova (UKR) 8.28; 4 A Lopez (CUB) 8.31; 5 H-Y Hsu (TPE) 8.62; 6 J Sokolova (TJK) 9.39
Heat five: 1 B Bukovec (SLO) 8.02; 2 L Yurkova (BLR) 8.07; 3 S Laukhova (RUS) 8.25; 4 V Linster (LUX) 8.37; 5 M Troonen (BEL) 8.41
Semi-final, heat one: 1 Russell 7.90; 2 Morrison 7.91 PB; 3 Anderson 7.93 NR; 4 Bukovec 7.93; 5 Sonn 8.15; 6 Grefstad 8.31
Heat two:1 Gorard 7.88; 2 Dickey 7.89 PB; 3 Freeman 8.01; 4 Nsiah 8.03; 5 Yurkova 8.17; 6 Kanazawa 8.30
FINAL: 1 Freeman 7.82 eq CBP; 2 Russell 7.84 PB; 3 Dickey 7.84 PB; 3 Girard 7.84 SB ; 5 Morrison 7.88 PB; 6 Anderson 8.02

HJ
Qualifying, group one: 1 I Babakova (UKR) 1.95; 2eq A Astafei (GER)/Y Lyakhova (RUS) 1.93; 4eq K Bergqvist (SWE)/O Bolshova (MOL) 1.93; 6 M Iagar (ROM) 1.90; 7 Z Kovacikova (CZE) 1.90; 8 L Zhang (CHN) 1.85; 9 S Cadusch (SUI) 1.85; 10 S Zalevskaya (KZK) 1.85; 11eq MICHELLE DUNKLEY (175o, 180o, 185xxx)/K Jenkins (USA)/S Witteveen (ARG) 1.80
Group two: 1eq S Kostadinova (BUL)/I Quintero (CUB) 1.93; 3 B Bilac (SLO) 1.93; 4 V Fedorova (RUS) 1.93; 5 N Zilinskiene (LIT) 1.93; 6 H Haugland (NOR) 1.93; 7 DEBBIE MARTI 1.90 (175xo, 180o, 185o, 190o, 193xxx); 8 A Bradburn (USA) 1.90; 9 P Zinck (DEN) 1.90 NR; 10 M Melova (SVK) 1.85; 11 I Mikhaltchenko (UKR) 1.80; 12 D Gyorffy (HUN) 1.80
FINAL: 1 Kostadinova 2.02; 2 Babakova 2.00 eq NR; 3 Haugland 2.00 eq NR; 4 Astafei 1.95; 5 Quintero 1.95 SB; 6 Zilinskiene 1.95 eq NR; 7 Fedorova 1.95; 8 Bergqvist 1.95 eq NR; 9 Bolshova 1.90; 9 Iagar 1.90; 9 Lyakshova 1.90; 12 Bilac 1.90; 13 MARTI 1.85

PV
Qualifying, group one: 1 D Bartova (CZE) 4.10 CBP; 2 C Sun (CHN) 4.10 eq CBP; 3 S Abramova (RUS) 4.10 eq CBP; 4 E Szemeredi (HUN) 4.00; 5 A Homo (FRA) 4.00 eq NR; 6 V Flosadottir (ISL) 4.00; 7 G Mihalcea (ROM) 3.90; 8 S Schulte (GER) 3.90; 9 D Auer (AUT) 3.70; 9 JANINE WHITLOCK 3.70; 11 M Price (USA) 3.70; 11 A Tomulevski (NOR) 3.70; 13 T Bernier (CAN) 3.50; A Garcia (ARG) nm
Group two: 1 E George (AUS) 4.10 eq CBP; 2 W Cai (CHN) 4.00; 3 A Balakhonova (UKR) 4.00; 3 S Dragila (USA) 4.00; 5 C Bresciani M. (ITA) 4.00 NR; 6 Z Szabo (HUN) 3.90; 7 Y Belyakova (RUS) 3.90; 8 S Zubiolo (BEL) 3.90 eq NR; 9 R Clarke (GBR) 3.90 eq NR; 10 S Mladkova (CZE) 3.70; 11 D Cervantes (ESP) 3.70; 12 C Kelly (NZL) 3.70; 12 N Rieger (GER) 3.70; 14 L Meziani (FRA) 3.70
FINAL: 1 Dragila 4.40 eq WR (3.90o, 4.00o, 4.10o, 4.20xo, 4.25o, 4.30o, 4.35xxo, 4.40xo, 4.45xxx); 2 George 4.35 (4.00o, 4.20o, 4.30xo, 4.35o, 4.40xx-, 4.45x); 3 Cai 4.35 NR (3.70o, 3.90o, 4.00o, 4.10xo, 4.20o, 4.25o, 4.30xxo, 4.35o, 4.40xxx); 4 Sun 4.20 (3.70o, 3.90o, 4.00o, 4.10o, 4.20o, 4.25x-, 4.30xx); 5 Bartova 4.20 (3.70o, 3.90o, 4.10xo, 4.20xo, 4.25xxx); 6 Abramova 4.10 (3.90xxo, 4.10o, 4.20xxx); 7 Szemeredi 4.10 (3.90o, 4.10xo, 4.20xxx); 8 Flosadottie (ICE) 4.00 (3.70o, 3.90o, 4.00o, 4.10xxx); 9 Balakhonova 4.00 (3.90o, 4.00xo, 4.10xxx); 10 Homo 3.90 (3.70o, 3.90o, 4.00xxx); 11 Szavo 3.70 (3.70xo, 3.90xxx); 12 Bresciani (ITA) nm

LJ
Qualifying, group one: 1 O Khlopotnova (RUS) 6.67; 2 H Drechsler (GER) 6.65; 3 J Edwards (BAH) 6.52; 4 S Williams (USA) 6.44; 5 V Gotovska (LAT) 6.43; 6 R Nielsen (DEN) 6.42; 7 Y Yu (CHN) 6.42; 8 F Hyacinth (ISV) 6.38; 9 C Brunner (NZL) 6.34; 10 V Olenchenko (RUS) 6.15. E Barber (SLE) nm, C Herigault (FRA) nm, P Patoulidou (GRE) nm
Group two: 1 F May (ITA) 6.77; 2 C Ajunwa (NGR) 6.76; 3 JO WISE 6.62 PB; 4 N Perevedentseva (RUS) 6.60; 5 A Karczmarek (POL) 6.58; 6 L Ferga (FRA) 6.51; 7 N Xanthou (GRE) 6.47; 8 T Vaszi (HUN) 6.45; 9 N Montalvo (CUB) 6.41; 10 M Veltman (USA) 6.34; 11 Y Guan (CHN) 6.34; 12 I Khropatch (UKR) 6.16
FINAL: 1 May 6.86 NR (6.85, x, x, 6.86, 6.80, x): 2 Ajunwa 6.80 (6.73, 6.68, 6.78, x, 6.80, 6.63); 3 Karczmarek 6.71 (6.71, x, 6.67, x, x, x); 4 WISE 6.70 eq NR (6.70, 6.65, 5.27, x, 6.56, 6.51); 5 Zanthou 6.69 (6.69, x, x, 6.69, x, 6.67); 6 Perevedentseva 6.65 (6.65, x, 6.57, x, 6.36, x); 7 Drechsler 6.63 (6.63, 6.62, x, 6.57, x, x); 8 Khlopotnova 6.59 (6.59, 6.59, 6.37, x, 6.35, 6.25); 9 Vaszi 6.49 (6.49, x, x); 10 Edwards 6.47 (6.40, 6.47, 6.40); 11 Ferga 6.37 (x, 6.37, x; 12 Williams 6.34 (5.89, x, 6.34)

TJ
Qualifying, group one: 1 ASHIA HANSEN 14.24 (14.24, -, -); 2 C Nicolau (ROM) 14.23 PB; 3 I Lasovskaya (RUS) 14.06; 4 T Marinova (BUL) 13.90; 5 Y Aldama (CUB) 13.82; 6 G Sproge (LAT) 13.68; 7 D Jensen (DEN) 13.58 NR; 8 G Cistjakova (SVK) 13.46; 9 N Dennis (USA) 13.37; 10 S Borda (FRA) 13.09; 11 O Khlussovych (UKR) 13.05
Group two: 1 R Mateescu (ROM) 14.60; 2 S Kasparkova (CZE) 14.37; 3 P Lobinger (GER) 14.28 NR; 4 R Ren (CHN) 13.98; 5 N Kayukova (RUS) 13.86; 6 O Hvorova (UKR) 13.80; 7 B Lise (FRA) 13.79; 8 A Valant (SLO) 13.36; 9 C Paredes (ESP) 13.26; 10 MA de Souza (BRA) 12.45; 11 T Young (USA) 12.36
FINAL: 1 Lasovskaya 15.01 (14.60, 14.72, 15.01, x, 14.94, 14.59); 2 HANSEN 14.70 NR (14.70, x, x, 14.48, 14.56, x); 3 S Kasparkova 14.66 NR (14.45, 14.62, x, x, x, 14.66); 4 Mateescu 14.65; 5 Lobinger 14.36 NR; 6 Aldama 14.28 AR; 7 Hovorova 14.13; 8 Marinova 14.00 PB; 9 Lise 13.96 NR; 10 Nicolau 13.94; 11 Ren 13.85; 12 Kayukova 13.58

SP
Qualifying
Group one: 1 S Storp (GER) 18.49; 2 E Adriano (BRA) 18.31; 3 C Price-Smith (USA) 17.85; 4 C De Bruin (NED) 17.70; 5 L Zhang (CHN) 17.36; 6 K Zakowicz (POL) 16.68; 7 E Ouzouni (GRE) 16.59. S Kriveleva (RUS) dns
Group two: 1 V Pavlysh (UKR) 20.22; 2 A Kumbernuss (GER) 18.80; 3 I Korzhanenko (RUS) 18.71; 4 K Danilczyk (POL) 18.54; 5 JUDY OAKES 18.31; 6 Z Huang (CHN) 18.23; 7 M Rosolen (ITA) 17.60; 8 M Ramos (ESP) 16.88; 9 V Althouse (USA) 16.63
FINAL: 1 Pavlysh 20.00 (19.08, 20.00, 19.99, -, 19.72, 20.00); 2 Kumbernuss 19.92 (19.51, 19.62, 19.44, 19.72, 19.92, 19.71); 3 Korzhanenko 19.49 PB (19.40, x, 19.49, x, 19.45, x); 4 Storp 18.80; 5 Huang 18.67; 6 Price-Smith 18.38; 7 Rosolen 18.37; 8 Zhang 18.29; 9 Danilczyk 18.18; 10 OAKES 17.51; 11 Adriano 17.45; 12 De Bruin 17.36

Pent
(60H, HJ, SP, LJ, 800)
1 S Braun (GER) 4780 (8.11, 1.86, 14.39, 6.40, 2:19.74); 2 M Steigauf (GER) 4681 (8.23, 1.83, 12.98, 6.47, 2:17.00); 3 K Carter (USA) 4627 (8.36, 1.83, 15.48, 5.68, 2:13.32); 4 U Wlodarczyk (POL) 4613 (8.40, 1.83, 14.23, 6.17, 2:18.26); 5 T Gordeyeva (RUS) 4575 (8.79, 1.92, 13.55, 6.10, 2:18.40); 6 E Barber (SLE) 4558 (8.39, 1.80, 13.05, 6.35, 2:18.17); 7 L Nathan (USA) 4513 (8.61, 1.83, 14.22, 6.09, 2:20.43); 8 M Collonville (FRA) 4225 (8.78, 1.77, 11.78, 5.78, 2:14.62); 9 K Periginelli (ITA) 4223 (8.67, 1.68, 12.67, 5.87, 2:14.69); 10 S Kazanina (KZK) 4216 (9.23, 1.80, 12.18, 5.94, 2:16.46); T Hautala (FIN) and R Nazaroviene (LIT) dnf

4x400
Heat one: 1 Germany 3:31.56 (A Knippel, A Feller, H Meissner, A Rucker); 2 GREAT BRITAIN & NI 3:35.36 (MICHELLE THOMAS, JENNIFER STOUTE, DONNA FRASER, SALLY GUNNELL); 3 France 3:35.39 (M Scholent, S Thiebaud, N Delars, M Opheltes)
Heat two: 1 Russia 3:29.85 (T Chebykina, N Sharova, Y Bakhvalova, T Alekseyeva); 2 Ukraine 3:31.11 (T Movtchan, A Yurchenko, G Misiruk, O Moroz); 3 Czech Republic 3:31.23 (N Kostovalova, L Formanova, H Fuchsova, H Fuchsova, H Benesova); 4 USA 3:31.87 (A Howard, C Guidry, N Kaiser-Brown, S Porter)
FINAL: 1 Russia 3:26.84 WR (Chebykina, S Goncharenko, O Kotlyarova, Alekseyeva); 2 USA 3:27.66 AR (Porter, Kaiser-Brown, Howard, J Miles-Clark); 3 Germany 3:28.39 (Rucker, Feller, Meissner, G Breuer); 4 Czech Republic 3:28.47 (Kostovalova, Formanova, Fuchsova, Benesova); 5 Ukraine 3:30.43 (Movtchan, Yurchenko, Misiruk, Moroz); 6 GREAT BRITAIN & NI 3:32.25 NR (PHYLIS SMITH, GUNNELL, THOMAS, FRASER).

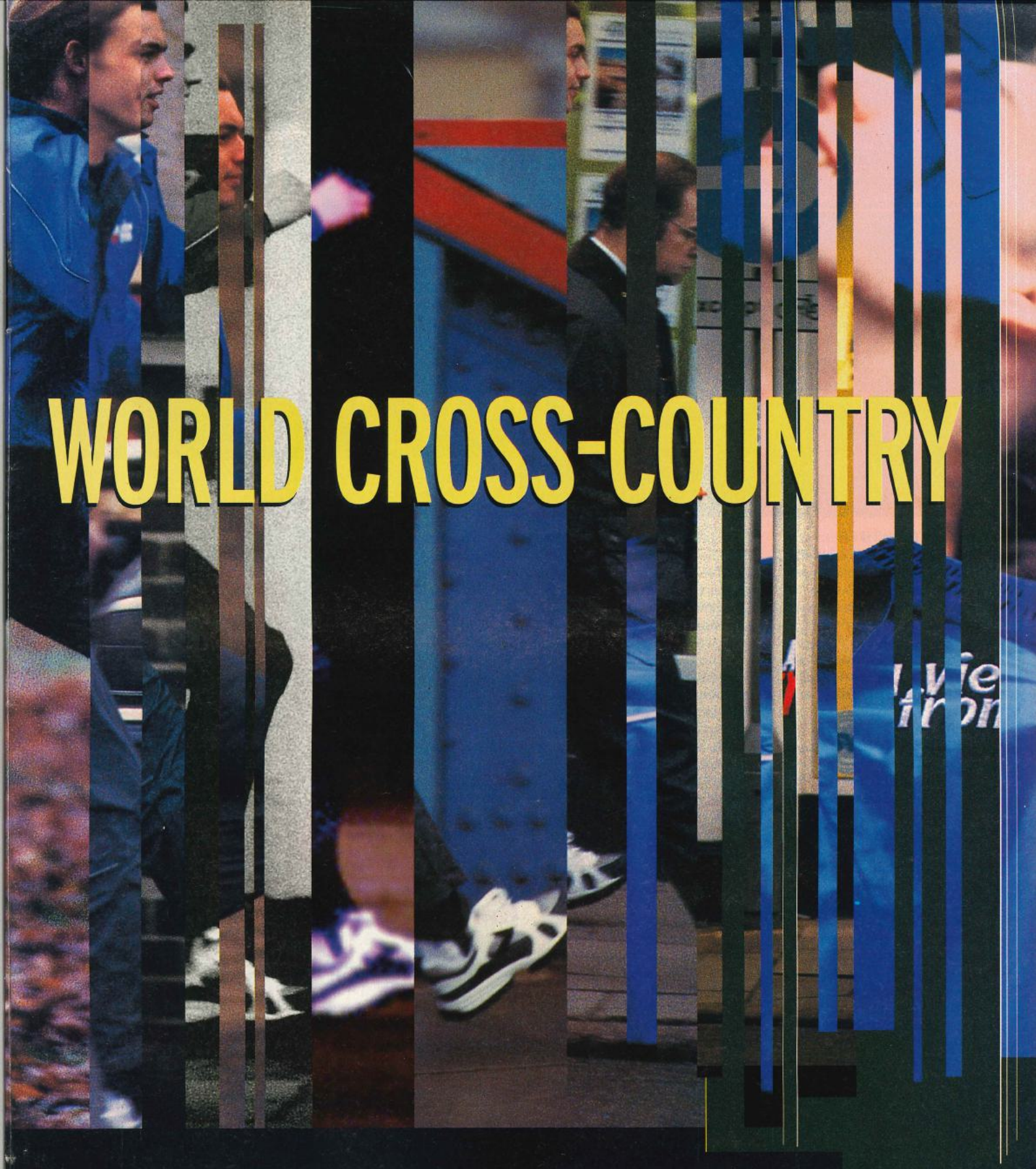


THIS MAN'S WINNING THE

To this man, sport's about more than taking part.
It's about turning hopes into personal bests, dreams into targets.

He's a competitor.

That's why he trains.



If he compromises his training,
he compromises his event.
And his dreams.

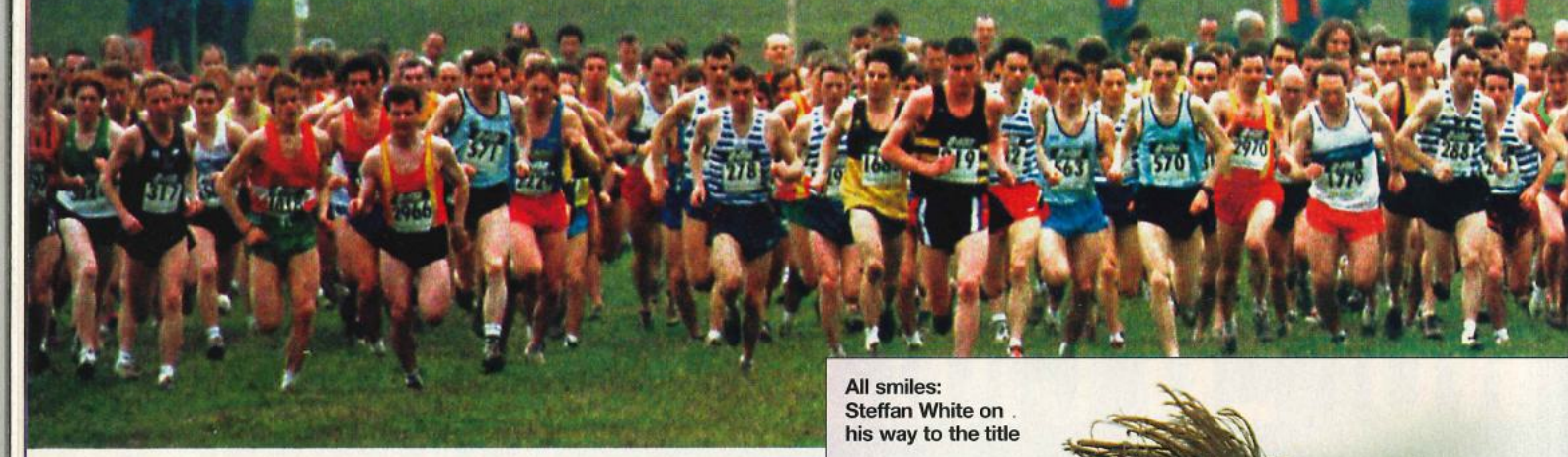
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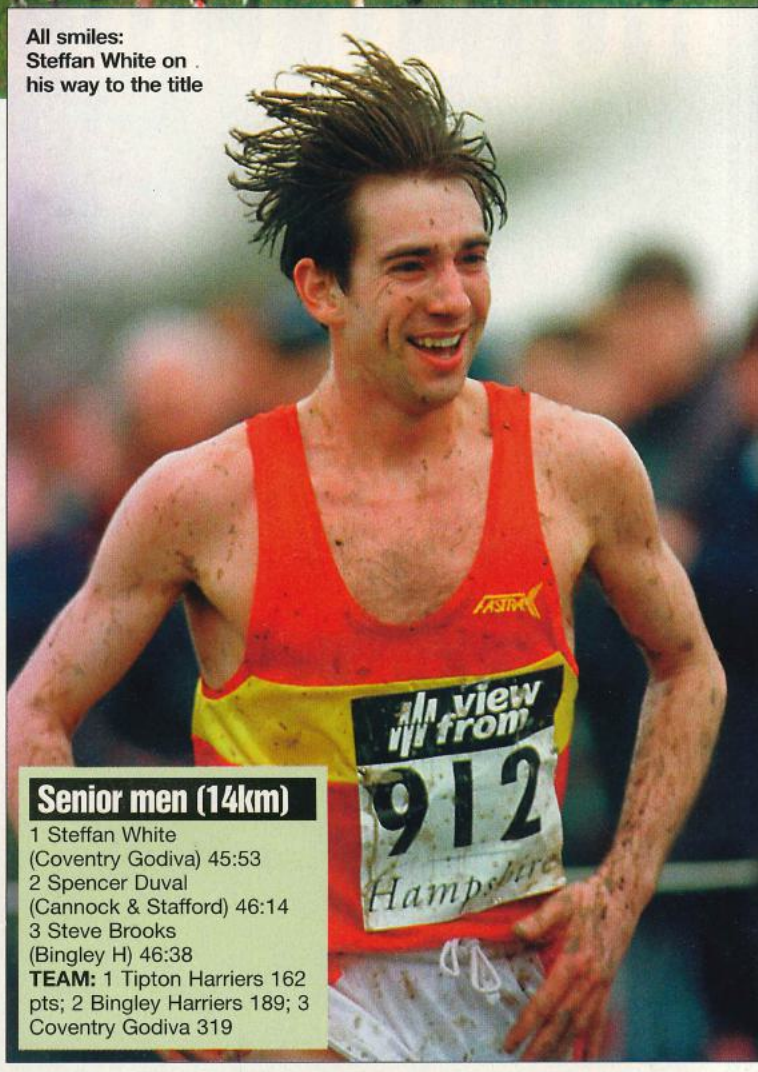
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White and

It was rough, tough and muddy in Staunton Country Park ... just right for the biggest day of the cross country season in Britain

Report: Bob Frank and Trevor Frecknall Pictures: Trevor Jones





All smiles: Steffan White on his way to the title

Senior men (14km)

1 Steffan White (Coventry Godiva) 45:53
2 Spencer Duval (Cannock & Stafford) 46:14
3 Steve Brooks (Bingley H) 46:38
TEAM: 1 Tipton Harriers 162 pts; 2 Bingley Harriers 189; 3 Coventry Godiva 319

STEFFAN WHITE completed an excellent week which began with World Cross Country Championships selection by storming to victory in very sticky conditions.

The National moved to the most southern point of its 110-year history, leading to the lowest number of finishers since 1976 (when White's clubmate Dave Moorcroft was second to Bernie Ford) but that mattered little to the delighted Coventry athlete.

He and 1995 winner Spencer Duval were to the fore all the way, with Blackheath Harrier Dave Taylor alongside in the early stages.

The second mile saw the race taking shape as White and Duval led with 1989 junior champion Steve Brooks, Southern silver medallist Barry Royden and Sale's Paul Green in contention and Commonwealth 5000m champion Rob Denmark and Southern champion Spencer Newport moving through.

Larry Matthews was also going well as his non-scoring Salford clubmate John Downes worked his way into contention. But Bingley's hopes of repeating last year's team victory were dealt a blow as Colin Moore pulled out in the third mile after losing a shoe when placed in the top 40. With Steve Green injured and Richard Nerurkar and Keith Anderson absent, the Yorkshire club now had it all to do.

By halfway Duval and White had moved well clear of Royden and Brooks with a gap to former Inter-Counties champion Downes, Denmark, Tipton's Dave Payne and Morpeth's Ian Hudspith.

White, with a first, second and fourth place as a junior, opened a 15m lead after five miles and continued to stretch his advantage to the finish. With Duval clear in second, Brooks made third place his own while Denmark slipped back, later to drop out with a bad stitch.

A week of despair had seen Denmark tripped by Barry Royden in the Trial and consequently overlooked for the World Championships and his woe continued when he arrived home after the National to learn of a death in the family – his wife Vicky's grandfather. He said: "It's the first time I've dropped out of a race but I could hardly breath and was getting slower and slower.

"That was my first and last National, I might retire from cross country. That type of course doesn't suit me and when I get a good course like last week I come up against 'assassin Royden'. But no panic, I'm actually in good shape so I'll just take Sunday off from running and then get ready for the track season."

White, seventh in the Trial six days earlier, came home 21 seconds clear to help Coventry to bronze medals behind Tipton and Bingley – despite the absence of Glynn Tromans, who was nursing spike wounds after last week's Trial.

White said: "A lot of people said I shouldn't run with the World Championships in two weeks but I needed another race.

"I've had an up-and-down winter because I wanted to go for the World Indoor Championships but had shin problems and then a cold. Because of that, I'm still fresh which is why I wasn't worried about running here – and in two weeks I'll be fitter.

"I've trained hard this week, running 90 miles including 10x400m with one minute recoveries on Tuesday."

White is self-coached but said: "I listen to advice from anyone who can give it and Dave Moorcroft has given me a lot of help.

Whitcombe win it



"My philosophy is just to work bloody hard and I think I know what makes me tick.

"Everyone says I should move up to 5000m but I'm happy at 1500m. A race is a race and I enjoy all distances, even the 4x400."

Duval, hoping to move nearer his goal of winning three senior Nationals, was far from happy with second.

He said: "I'm very disappointed, I came here to win. First is first, second is nowhere. It was a gamble to run because I'm short of races – it was only my third cross country in two years. Another couple of weeks may have made all the difference.

"The stupid thing is I slipped on a bit of mud to let Steffan get away. I know that sounds silly on such a tough course but my foot went in a hole and threw me off balance and he was off. It's annoying, but Steffan ran very well."

Duval lost his 100 per cent record in the National, having won as a junior in 1990 and a senior during his all-conquering winter of '95 when he took the English, British and Inter-Counties crowns.

Brooks, with an U17 bronze and a gold, silver and bronze as an U20, gained his first senior medal and will now run the Hague Half-marathon on March 23.

He said: "I don't like mud. I used to be a bit of a mud runner when I was younger but when I see mud now I struggle. I came here hoping for top five because I'm training for London and it's going well. I thought this would be a nice little race on the way to the marathon – and I wouldn't change a thing. The National is a unique event."

Former Irish champion Downes has dreamed of winning the National since his younger days when he used to travel 26 miles to read about it in *Athletics Weekly*.

But the former London Irish athlete, who becomes eligible for Salford on April 1, was far from happy with fourth, saying: "It was my type of course and I feel as fit as I've ever been but I just couldn't get going. I felt strong but Steve Brooks used his head and I couldn't make up the gap. It wouldn't have been so bad if I'd got a medal but I didn't want fourth again."

Downes will make his half-marathon debut at the Hague in Holland and then hopes to go to the United States to train for five to six weeks in preparation for the track season.

Royden, a faller in the Trial, stayed on his feet this time and finished fifth. The Mike Gratton-coached athlete said: "It's a good stepping stone for London. I've trained hard this week because I've got to think about the marathon."

Just behind the Medway athlete was another Flora London Marathon hopeful, Tipton's Dave Payne.

The former Leicester Coritanian was delighted to lead his club to team success, saying: "It's nice to qualify for Europe again. We haven't been there since 1993 and only Kevin Lamb and myself from this team were around last time we ran in Europe.

"I know people say our athletes come from all over the country but we do all get together to train. We might not have any superheroes but we've got a good team spirit and our average age is down to 23-24. Ian Pierce, our sixth scorer, is only a first year senior."

Taylor, Britain's vital fourth scorer when they won European bronze in Alnwick in 1995, was seventh, saying: "That wasn't my kind of course. I was doing fartlek – racing on the drier faster bits and 'swimming' the rest of the time. It was probably more mental than anything."

Just behind Taylor was surprise packet Nick Francis, who improved considerably on his 155th of 12 months ago. His eighth place showed great improvement on his 24th at the Inter-Counties and 11th at the Southerns.

Ian Hudspith recorded his best National position in ninth, although admitting he was in two minds whether to run as he was getting over flu.

He moved up to seventh at one stage but was still delighted with his eventual position after a pre-race brush with officialdom. Just before the start he was warned he would be disqualified unless he removed a sponsor's logo (which was stitched on and not easily detached) which infringed BAF rules regarding the number of logos permitted on a vest. Several elite athletes were warned but Hudspith fumed: "Standing on the start line with less than a minute to go is not the place for that."

Neil Caddy went home to Cornwall in the club minibus not knowing where he'd finished (13th) but grateful to have completed a winter aimed at increasing his strength.

He said: "The most important thing is I've got the training in – though I'd like to know why I couldn't perform off the consistent mileage I've been putting in. Wherever I finished today – top 15, top 20 – it's given me back some of the confidence I lost at the Trial."

Nigel Gates was predictably first veteran, revealing: "I thought I'd blown it because I was way back early on so to come through to 27th is quite pleasing."

U20

MIDLAND and British Students' champion Simon Wilkinson romped to victory

Junior men (10km)

1 Simon Wilkinson (Stourport AC) 32:11
2 Sam Haughian (Borough of Hounslow) 32:20
3 Ben Whitby (Borough of Hounslow) 32:42
TEAM: 1 Borough of Hounslow 77; 2 Oady & Wigston Legionnaires 82; 3 Aldershot, Farnham & Dist 139

but declared: "I'd gladly have thrown away the rest of the winter for a good run at last week's Trial."

The Stourport athlete, advised by national cross country coach Bob Ashwood, was 31st in the senior race at Luton and said: "I had a 'mare and nothing will make up for it, not even winning today."

As Wilkinson made his decisive break during the first half, it left the remaining medal places held by the other area champions – Ben Whitby (South) in second and Andrew Caine (North) in third. Behind the trio were Allen Graffin, Chris Davies, Scott Tompsett and Brendan Smith.

At halfway, Wilkinson was well clear as Whitby was joined by Hounslow team-mate and Trial winner Sam Haughian and Kevin Nash also becoming more prominent. Haughian reduced Wilkinson's 11-second lead at 8km by two seconds in the remaining 2km but had to settle for second as he helped his club to the team title.

Wilkinson was far from impressed with the muddy course, saying: "If we race all the time on muddy and hilly courses like this we'll never do anything internationally – it was a horrible course, unlike Luton last week which was brilliant.

"The start was a typical junior race – too quick – but I just tried to get into a rhythm and I got away on the hill."

Wilkinson flew out the following day for a six-week trip to altitude in Alberquerque, where he hopes to train with French sensation Benoit Zwierzchiewski. He had originally planned to go to Kenya but the trip fell through. He said: "I've been getting some advice from Jon Brown, who's been really helpful. I met him in Durham and we keep in touch by e-mail."

Ashwood enthused: "Jon Brown is a wonderful role model for any athlete and has given Simon advice on altitude training. Simon and me have a wonderful athlete-coach relationship and I'm delighted he's won today. He's the first athlete I've coached to a national title."

Wilkinson was amazed to see Haughian in action with the World Cross Country approaching but the runner-up said: "I don't feel too tired and I run better off races than if I just train. It's done me no harm and besides I have two weeks to recover."

Team-mate Whitby, in third, said: "After last week I didn't know what to expect coming here. But I felt all right ... and this is not a bad team to run for!" Caine and Nash were originally disqualified from fourth and fifth. Stewards claimed Caine did not wear a Tynedale vest but one by View From – coincidentally the event sponsors with whom his father John is connected – and Nash contravened the controversial one logo rule by advertising Aldershot's kit sponsor and his own backer on his vest.

Caine pointed out he was wearing the black of Tynedale while Nash and the Aldershot management objected – both were reinstated.

U17

GAVIN THOMPSON, second in the U20 Trial six days earlier, won a keenly-contested U17 race.

The early stages saw a Thompson 1-2 with Aldershot's Chris leading Southern champion Gavin and Northern champion John Mooney also well placed.

But as the race developed the lead alternated as Midland gold and silver medallists Ryan Falkner and Oliver Laws hit the front before Thompson clinched a late victory.

He said: "I was in two minds whether to run after last week. People have said I shouldn't run with the World Cross Country coming up but this is my last year as an U17 and I wanted to go out in style.

"It was a tough course and it was a hard pace all the way round with different people leading. I thought we had an extra loop and when some of them picked it up I thought they were making a long run for home. But last week gave me so much confidence and I came through to win it."

Laws said: "It was a lovely course. Most courses are flat but this was the best course I've ever run on. I was aiming to win but I wasn't sure Gavin would run after his performance last week."

Falkner, who led into the finishing straight, said: "I thought I'd try to break them as they both ran last week, but in the home straight I couldn't move my legs. It's the first time I've felt like that and Gavin came flying past me."

A confused Falkner stopped short of the finish, believing he'd crossed the line, only to be told the actual finish was a further 20m.

The team award went to Blackheath Harriers, who added to their South of England success.

U17 men (6km)

1 Gavin Thompson (Crawley AC) 19:19
2 Oliver Laws (Telford AC) 19:24
3 Ryan Falkner (Oady & Wigston Legionnaires) 19:32
TEAM: 1 Blackheath H 92; 2 Aldershot, Farnham & Dist 115; 3 Solihull & Small Heath 139

Women

PROVING that fame favours the brave, Andrea Whitcombe became the first three-time winner of National titles in the 65 years of women's events.

Having won in 1990 and '91 – before the decision was taken to run juniors with U17s rather than seniors – the 25-year-old bookies' accountant will not forget the day she made history.

It was boyfriend Simon Wilson's birthday. It was six days after she made herself miserable by finishing 'only fifth' in the World Trials. It was the first National since the death of her Parkside (Harrow) AC team manager Sylvia Parker.

No wonder there were tears as well as cheers as the 5ft 1/2in Whitcombe finished mud-splattered but in splendid isolation, more than 100m clear.

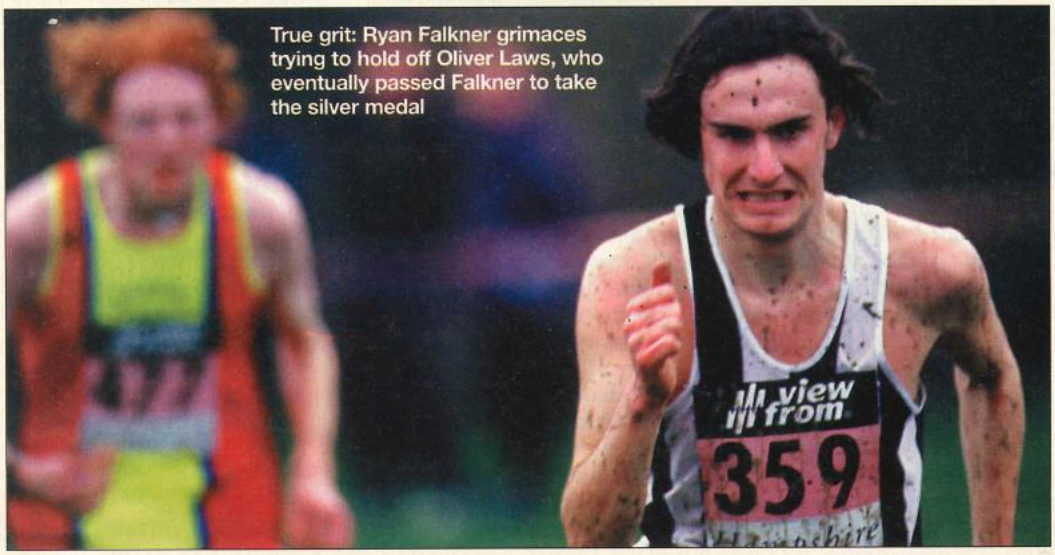
Whitcombe was one of only two of the GB women selected for the World Championships to toe the soggy line in Staunton Country Park.

The other, Inter-Counties champion Lucy Elliott, dropped out of the fray in the deepest mud when lying fourth.

But there was no stopping the avenging Whitcombe, finally exorcising the memory of walking away from the sport after she finished sixth in the 1993 National.

But before the tears of joy flowed from family and friends, there was the considerable matter of another avenger to be tackled and tamed.

Liz Talbot, terribly disappointed with her seventh place at the Trial, built a 10m lead in the first 800m, with



True grit: Ryan Falkner grimaces trying to hold off Oliver Laws, who eventually passed Falkner to take the silver medal



At the front: Andrea Whitcombe (742) and Liz Talbot(45) to the fore as the women's field sets off

Women (6km)

1 Andrea Whitcombe (Parkside Harrow) 21:07
2 Lucy Wright (Leeds City) 21:30
3 Liz Talbot (Bedford & County) 21:35
TEAM: 1 Leeds City 83; 2 Aldershot Farnham & District 120; 3 Havant 133

Whitcombe second, Lucy Wright ahead of mud-hater Elliott, and Sarah Singleton having the run of her life for Liverpool Harriers.

But as the huge one-lap race unfolded round the coppices, through the ditch and over the hills, Elliott dropped out just before halfway and Whitcombe forged away from Talbot, who was overhauled by Wright in the last 800m.

Equally satisfying, Wright added a team gold medal as Leeds City ended Parkside Harrow's great eight-year reign.

Behind them, Singleton – ninth in the North of England Championships – won a great battle with leading veteran Jo Thompson from City of Bath for fourth. Thompson did not even have the consolation of a first W35 medal: none were presented to vets this year, bringing the women in line with the men.

As if to emphasise the sport is getting older, Jane Shields – National winner in 1984 and '87 – finished second vet, eighth overall, before returning to her GB junior women's team manager duties and whisking her charges off to a pre-Worlds get-together at Abingdon.

But the celebrations belonged with Parkside despite their loss of the team crown.

"I just thought I had nothing to lose," said Whitcombe. "Last week I had a bad day. I felt rubbish as soon as the Trial race started. This time I felt comfortable.

"I took the lead just before halfway and pushed it up the ►

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hill. Gradually, the others dropped off.

"It's always special to win – but this time I have won it for 'Sylve' ... and to make sure my boyfriend buys the champagne tonight!"

Wright, travelling reserve to Turin, travelled to Havant hoping for a top six place – and finished up thanking her fell running background for earning her two medals.

But she seemed more delighted with the team triumph, achieved despite Angie Hulley being out injured.

British Universities champion Laura Woffenden was sixth, triathlon international Loretta Sollars 25th and Veronique Marot, still the fastest woman in British marathon history (2:25:56 in 1989), 50th.

"The medal compensated Veronique for all the trouble she'd gone to," said Wright. "She doesn't like mud, but she ran very well. She really put herself out for the club."

Talbot's bronze medal is a tribute to her positive attitude: "I was very disappointed with the Trial and decided to just go out and give it a go.

"Everyone had been saying, 'Don't go out too fast!' But I was fed-up with sitting in during races and having everyone running off and leaving me.

"So I was just hanging on for as long as I could. It's bucked me up a little bit."

What didn't buck too many up was the number of finishers in the women's race: 416 – that's 150 fewer than at Newark last year.

U20/U17

EMBARRASSING the establishment – in the politest possible way – was the name of the game in this dramatic race which is always renowned for top U17s leaving U20s with red faces.

Birhan Dagne ran herself into the ground as if to shame athletics officialdom for doing nothing to support her bid to stay in this country after her defection from Ethiopia two years ago.

Amanda Tremble pushed her every step of the way in this, the fourth epic battle between the pair in two years – but has still not attracted a sponsor.



Double top: Birhan Dagne landed title no 2

U20 women (5km)

1 Birhan Dagne (Essex Ladies) 18:16
2 Amanda Tremble (North Shields Poly) 18:21
3 Victoria Wilkinson (Bingley H) 18:58
TEAM: 1 Bristol AC 119; 2 Sale Harriers Manchester 128; 3 Bedford & County 158

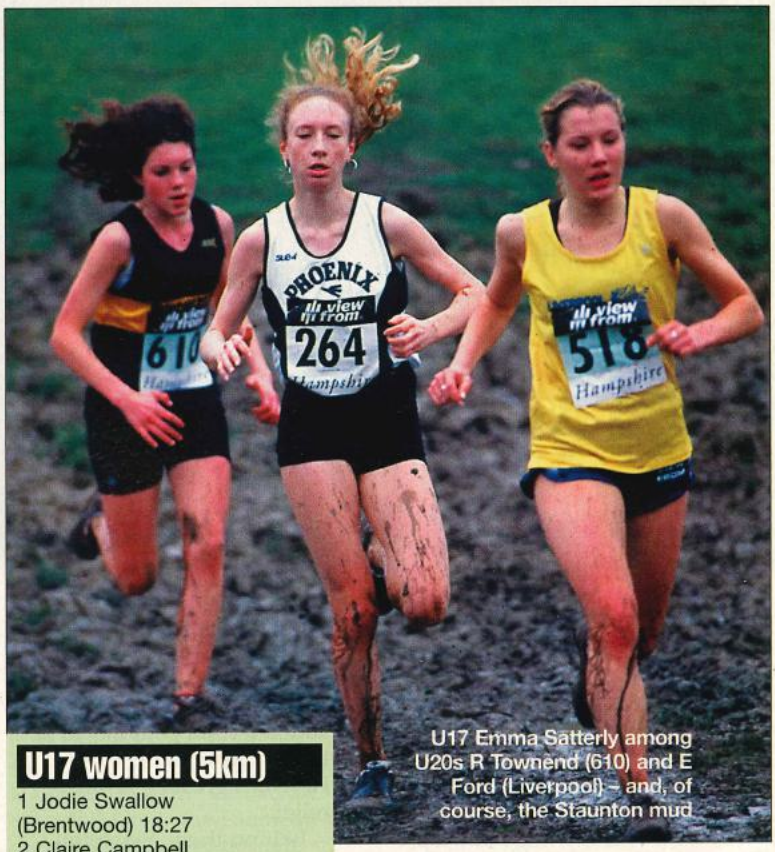
And to prove red faces can be dished out in threes, 15-year-old Jodie Swallow made a mockery of the GB selectors' decision not to take her to the World Cross Country Championships.

Dagne, celebrating that she has at last been granted full refugee status by the Home Office, led all the way in defence of the title she won at Newark last year.

Tremble, who has beaten her arch-rival in the last two Inter-Counties Championships, took up the chase from her north-eastern neighbour Caroline Dickie after about 1km.

Dagne had a 30m advantage while Swallow established herself in third and spent the rest of the race driving further and further ahead of not only her peers but also rivals up to four years her senior – enough to make even the most trenchant selector wonder whether she might have been strong enough for a test in Turin.

Moving up the hill towards the finish, Tremble closed dramatically on Dagne, who dug in so deeply that she collapsed at the finish and required oxygen before walking away with friends.



U17 Emma Satterly among U20s R Townend (610) and E Ford (Liverpool) – and, of course, the Staunton mud

U17 women (5km)

1 Jodie Swallow (Brentwood) 18:27
2 Claire Campbell (Shaftesbury Barnet) 18:46
3 Karen Fletcher (Kirk Hallam) 18:47
TEAM: 1 Shaftesbury Barnet 36; 2 Skipton & District 137; 3 Liverpool Harriers 186

Tremble, over-age for the Worlds junior team this year, said: "I was right behind her (Dagne) at the hill but she pulled away again."

Swallow, as powerfully impressive over the hills of Havant as she had been seven days earlier on the flatter, firmer going at the TSB English Schools', said: "I'm shattered – that was a proper cross country course and not manufactured like some."

Happy with third overall and first U17 only a year after winning the National U15 title, she proved herself to be diplomatic beyond her tender years when she added: "I'd love to have been picked for the World Cross Country Championships but I didn't expect to be because I didn't run the Trial. It's a shame it clashed with the English Schools' but there'll be other years.

"It wasn't easy, deciding between the Schools' and the Trial."

Behind Swallow for the second successive week, Claire Campbell had the satisfaction of leading Shaftesbury Barnet to U17 team gold medals a year after she led Stevenage & North Herts to the U15 title – even though she was running into the unknown.

She explained: "It was tough, particularly because I only got here 45 minutes before the start. We were held up on the motorway then had to wait for the park-and-ride to the course, so I had no time to walk the course."

Karen Fletcher, the new TSB English Schools' senior champion, clinched the U17 bronze medal while fell specialist Victoria Wilkinson revelled in the conditions to take third among the U20s.

But the happiest juniors were Paula Gowing, Gayle Adams, Becky Lambert and Stella Harrod. Having trained together since they were U13s, they won their first national gold medals – as U20s.

"It's just about the first time we've all run together," said Gowing. "One or more of us has always seemed to be ill or injured in the past."

U15

NICHOLA COATES dedicated this emphatic victory to her dad.

"I've always wanted to win a National title and Dad was the



U13 girls (3km)

1 Zoe Jelbert (Newquay & Par) 13:02
2 Kim Searle (Hull Springhead) 13:04
3 Charlotte Moore (Bournemouth) 13:11
TEAM: 1 Hercules Wimbledon 87; 2 Sale Harriers Manchester 97; 3 Aldershot Farnham & District 147

U15 girls (3.6km)

1 Nichola Coates (Cramlington) 15:12
2 Lisa Samuels (Stevenage & North Herts) 15:26
3 Emma Ward (City of Stoke) 15:29
TEAM: 1 Aldershot Farnham & District 56; 2 Shaftesbury Barnet Harriers 76; 3 Liverpool Harriers 147

one who's always said I could," explained the Northern champion, who finished third in the Inter-Counties and fourth inter at the TSB English Schools' to prove herself among the most consistent performers of this winter.

But Coates, third U13 at the 1994 National, was made to work hard by Lisa Samuels.

Eighth last year when she helped Stevenage & North Herts to team gold, Samuels built a 20m lead within the opening 800m.

Coates was already leading the chasers with Louise Damen in her home county, Midlands champion Emma Ward, Hull Springhead's Louise Aaron inspired by the medal run of her U13 training mate Kim Searle, Derby's Liz Wheeler and TSB English Schools' junior champion Catherine Terry.

Past the woods in the boggiest mid-part of the course, 25m covered the leading five – Samuels, Coates, Ward, Jarvis and Gemma Greenfield, who was leading Aldershot Farnham & District to the gold medals.

As Coates took the lead with just over 1km to go, Inter-Counties champion Sarah Jarvis moved into a medal-challenging position behind Damen.

Sarah Raven, last year's National U13 champion and last week's TSB English Schools' junior silver medallist, also mounted a strong late challenge.

But the gruelling hill up to the finishing straight provided fewest problems for Coates, the never-say-die Samuels and the enormously determined Ward, who trailed Jarvis by 25m at one stage but drove her tired limbs to the bronze medal.

While Coates was happy to dedicate her triumph to dad, it ought to be added her own determination played a part. As she explained: "I've not been running well this winter. I've had all sorts of colds and flu."

Samuels said: "I thought at one point I'd got it but I knew she was catching me. I was aiming for the top 10 so I'm very pleased."

So was Ward, who completed three successive medal-winning runs at Nationals. After taking the U13 silver medal in 1995, she has been third U15 in the last two years.

"I ws determined to get in the top three," said the Stoke athlete. "When the finish came into sight, I thought: 'It's all or nothing now – you've got to go for it,' even though Sarah still looked strong.

"This is not my kind of course. The mud's fun, but I prefer it dry."

U13

ZOE JELBERT completed a golden double for the Newquay and Par squad coached by Chris Wooldridge.

Having won the Inter-Counties silver medal behind training mate Jemma Simpson in January, she held her nerve amid innumerable surprises in Havant.

The first shock was that Hull Springhead's Kim Searle – 11th in the Inter-Counties and bronze medallist in the Northerns – set off like a rocket.

Leading the early chasers was Northern champion Nisha Desai, who was to fade to 36th as the mud and hills took their toll.

Then the pursuit was taken up round the coppice by Hercules Wimbledon pair Olivia Hines and Anne Surtees plus Bournemouth's Charlotte Moore.

Up the hill, Searle continued to hold on. But Moore, 39th in the Inter-Counties, moved up to third – an effort which helped push Jelbert into hotter pursuit ofthe long-time leader.

"I kept telling myself: 'You can do it, you can do it'," said Jelbert. "But even when I got past her on the run-in, I thought she was going to catch me because she was coming back at me."

Searle, 44th junior in the TSB English Schools' Championships, said: "I thought I'd got such a good start no-one would catch me. But my legs went up the hill.

"I was only looking for a top 50 place so I'm really pleased. It's my best-ever performance."

Behind the medallists, Hines dug in well to hang on to fourth ahead of Midland champion Benita Johnson, who moved through in the closing stages to fifth from eighth – the position she finished in the Inter-Counties.

With Surtees hanging on for seventh, the Hercules squad – all pupils at Charles Edward Brooke School, Lambeth, coached by Steve White – took the team title just nine points ahead of Sale Harriers Manchester.

Results

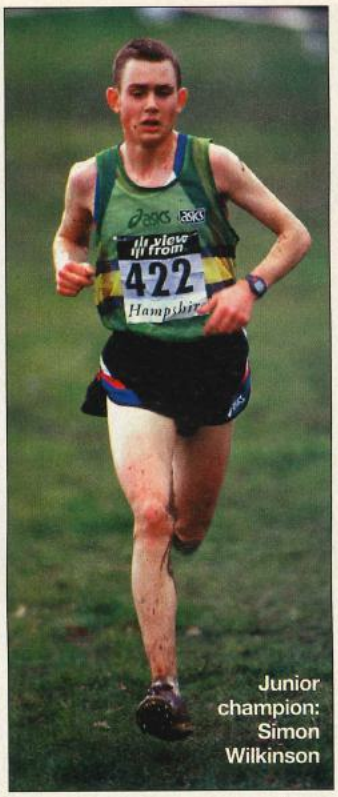
Provisional results supplied by G J Fecitt (SportSoft)

Senior Men

(* = non-counter)
1 S White (Cov) 45:53; 2 S Duval (C&S) 46:14; 3 S Brooks (Bing) 46:38; 4 * J Downes (Salf) 46:56; 5 B Royden (Med) 47:14; 6 D Payne (Tip) 47:19; 7 D Taylor (B'hth) 47:31; 8 N Francis (Camb H) 47:34; 9 I Hudspith (Morp) 47:40; 10 D Buzza (Corn) 47:42; 11 B Hussain (Stock) 47:43; 12 S Newport (B'hth) 47:45; 13 N Caddy (N&P) 47:55; 14 A Peace (Bing) 47:56; 15 K Lamb (Tip) 47:57; 16 K Usher (Houn) 47:58; 17 T Wall (Morp) 47:58; 18 M Roscoe (Leeds) 47:59; 19 I Hamilton (Med) 48:00; 20 L Matthews (Salf) 48:00; 21 J Loader (High) 48:03; 22 P Green (Sale) 48:06; 23 A Barber (Peter) 48:17; 24 M Hawkins (Bing) 48:18; 25 C Wood (Bris) 48:20; 26 R Taylor (Cov) 48:22; 27 N Gates (B&H) 48:26; 28 M Jubb (Der & Co) 48:31; 29 A Puckrin (Tip) 48:39; 30 G Deacon (Cov) 48:47; 31 G Hull (Leeds) 48:48; 32 N Stirk (Tip) 48:49; 33 A Fooks (TVH) 48:50; 34 P Thompson (Holm) 48:51; 35 M Hudspith (Morp) 48:57; 36 M Peters (Bing) 49:00; 37 S Risa (Bris) 49:02; 38 S Cotton (Tip) 49:04; 39 N Adams (Bris) 49:10; 40 J Jackson (AFD) 49:12; 41 J Freeman (Chelm) 49:18; 42 H Chepkwony ((B&R) 49:19; 43 S Robinson (Chelt) 49:23; 44 S Poore (T Sol) 49:24; 45 J Taylor (Bing) 49:25; 46 R Berry (Liv PS) 49:26; 47 M Yelling (Bed & Co) 49:29; 48 I Pierce (Tip) 49:32; 49 N Wetheridge (Bas) 49:35; 50 B Reynolds (THH) 49:35; 51 H Lobb (Bed & Co) 49:37; 52 * N Jones (Tip) 49:43; 53 J Newnes (Salf) 49:54; 54 S Snow (High) 49:58; 55 J Mills (Chelm) 50:00; 56 S Major (SLH) 50:01; 57 C Maguire (Cov) 50:01; 58 T Gill (Leeds) 50:01; 59 M Beerling (Chelm) 50:05; 60 S Mitchell (Leeds) 50:09; 61 J Lawson (High) 50:11; 62 P Cadwallader (Liv H) 50:12; 63 K Chapman (Salf) 50:12; 64 D Smith (SSH) 50:13; 65 K Corpes (AFD) 50:14; 66 K Holland (Craw) 50:14; 67 L Cadwallader (Liv H) 50:15; 68 G Woods (Morp) 50:17; 69 R Philips (THH) 50:18; 70 I Munt (HHH) 50:20; 71 S Paterson (Corn) 50:20; 72 J Hope (Tip) 50:21; 73 M Kinch (Bing) 50:22; 74 M Wassell (SSH) 50:23; 75 P Rowlands (Notts) 50:25; 76 S McLaughlin (BMH) 50:26; 77 P Barr (Chelm) 50:27; 78 A Wilton (Tip) 50:27; 79 M Linbourne (Med)

VIEW FROM ENGLISH NATIONAL CROSS COUNTRY CHAMPIONSHIPS, HAVANT, MARCH 8

50:28; 80 M Spencer (Bide) 50:32; 81 C Knight (GEC) 50:33; 82 G Eagle (Bris) 50:35; 83 T Richardson (THH) 50:38; 84 K Hayes (Nun) 50:39; 85 G Hill (Stock) 50:41; 86 C Beecham (High) 50:42; 87 J Hornby (Spen) 50:43; 88 J Ward (Der & Co) 50:43; 89 A Symonds (Bir) 50:45; 90 P Chance (Tip) 50:45; 91 S Rayner (SB) 50:47; 92 M Jones (Horw) 50:49; 93 L Bulson (B'hth) 50:53; 94 A Hawkins (Bris) 50:56; 95 M Keeley (Liv H) 50:58; 96 D Walmsley (Bourt) 50:58; 97 A Walpole (Salf) 50:59; 98 C Addison (High) 51:00; 99 D Hill (THH) 51:00; 100 M Hager (Tip) 51:01; 101 D Collins (Cov) 51:11; 102 G Davison North (Norf BR) 51:11; 103 W Oxborough (THH) 51:12; 104 S Bell (Camb H) 51:13; 105 F Kehoe (SLH) 51:13; 106 J Brooks (HW) 51:14; 107 R James (DMV) 51:17; 108 S Platts (Morp) 51:20; 109 C Plumpton (Ports) 51:21; 110 * C Palmer (T Sol) 51:22; 111 M Shore (West) 51:24; 112 I Archbold (Morp) 51:25; 113 C Brown (Cov) 51:26; 114 M Hilton (Leeds) 51:29; 115 D Baard (HHH) 51:30; 116 D Robinson (HHH) 51:31; 117 D Dudley (Liv PS) 51:32; 118 P Haywood (Box) 51:32; 119 S Vines (Chelm) 51:33; 120 S Herring (Salis) 51:34; 121 C Brogan (W Gn) 51:34; 122 G Raven (E Ches) 51:35; 123 P Sibbett (Bed & Co) 51:35; 124 C Smale (Long) 51:37; 125 D Roberts (Havant) 51:38; 126 R Bowyer (Ox U) 51:38; 127 J Magnusson (HHH) 51:42; 128 E Southam (High) 51:42; 129 A Farquharson (Kent) 51:43; 130 G Harriss (Bris) 51:45; 131 A Gore (Chelt) 51:46; 132 * G Cartwright (Tip) 51:48; 133 M Gostling (Camb UH&H) 51:50; 134 M Hutchinson (Traff) 51:50; 135 P Haarer (Rane) 51:51; 136 A Davidson (High) 51:51; 137 G Groves (Liv H) 51:53; 138 S Davies (Tip) 51:54; 139 J McMahon (Bed & Co) 51:56; 140 A Richards (Nun) 51:56; 141 A Walling (Sale) 52:00; 142 S Kinson (Leam) 52:01; 143 L Reilly (Kent) 52:02; 144 A Huckson (Chelm) 52:02; 145 J Trapmore (Camb UH&H) 52:02; 146 S Bazell (Exe) 52:03; 147 G Morris (Harl) 52:06; 148 P Shepherd (OWLS) 52:07; 149 G Cudahy (Stock) 52:10; 150 M Johnson (Sale) 52:11; 151 M Gibbs (Chelm) 52:11; 152 A Mawdsley (Stoke) 52:12; 153 M Watling (B'hth) 52:12; 154 J Svenson (High) 52:14; 155 B Flynn (C&S) 52:15; 156 J Brimecome (Ports) 52:17; 157 J Gentry (NEB) 52:18; 158 G Eustice (Corn) 52:18; 159 J Fitzsimmons (Stock) 52:19; 160 S Pyke (Trent) 52:19; 161 M Peace (Bing) 52:20; 162 M Whelan (Chelm) 52:20; 163 T Clark (Poole) 52:21; 164 P Roberts (Salf) 52:22; 165 R James (Bris) 52:25; 166 C Riley (RSC) 52:28; 167 R Limbert (Telf AC) 52:29; 168 J Smith (Rane) 52:34; 169 D Watson (Cov) 52:36; 170 W Byansi (Lon I) 52:37; 171 K Moloney (Cov) 52:37; 172 M Arridge (Tip) 52:38; 173 C Dixon (T Sol) 52:39; 174 G Heathers (THH) 52:39; 175 I Walton (Notts) 52:41; 176 A Gaskell (THH) 52:42; 177 D Riley (Liv PS) 52:43; 178 W Gilroy (Morp) 52:44; 179 M Farran (Long) 52:45; 180 M Peters (Havant) 52:45; 181 C Parrack (Box) 52:46; 182 P West (Col H) 52:50; 183 N Belcher (SLH) 52:51; 184 N Mitchell (N Lon) 52:53; 185 A Wright (Nun) 52:54; 186 A Holt (Ver) 52:55; 187 R Forsborrk (Chelt) 52:57; 188 C Dennis (W Norf) 52:58; 189 R Savage (Hard) 52:58; 190 J Holt (Wirr) 52:59; 191 P Phillips (Soton C) 53:00; 192 M Grist (Bris) 53:01; 193 R Kindersley (Serp) 53:02; 194 M Ball (Ports) 53:03; 195 K Spilman (Chelt) 53:06; 196 A Pamphilon (W Gn) 53:11; 197 C Brooks (Liv PS) 53:14; 198 M Salt (C&C) 53:15; 199 T Allan (Havant) 53:17; 200 T Gilbert (N Dev) 53:17; 201 A Jones (Keigh) 53:18; 202 P Lemmon (N Lon) 53:20; 203 A Wray (Old G) 53:21; 204 A Evans (SLH) 53:26; 205 P Fox (Notts) 53:27; 206 N Bull (Newb) 53:28; 207 K Hatton (Liv H) 53:29; 208 S Hallas (Pres H) 53:29; 209 G Grant (Camb H) 53:30; 210 G Clifford (B'hth) 53:31; 211 J Clark (Grim) 53:32; 212 P Pickwell (Alt) 53:32; 213 R Malin (B&R) 53:34; 214 G Seward (Exe) 53:34; 215 S Riley (Leam) 53:35; 216 S Watterson (Serp) 53:36; 217 M Baron (Old G) 53:36; 218 M Gooch (TVH) 53:37; 219 C Elliott (Ports) 53:38; 220 T Bishop (Der & Co) 53:39; 221 M Airey (Box) 53:41; 222 E Knox (Croy) 53:43; 223 J Watson (THH) 53:43; 224 P Hyde (Alt) 53:45; 225 N Baugnet (Read) 53:46; 226 C Wheeler (Traff) 53:47; 227 B Lee (Kent) 53:47; 228 A Blair (Bed & Co) 53:48; 229 C Cheek (Bir) 53:53; 230 C Bailey (High) 53:55; 231 T Wilkes (Leeds) 53:55; 232 O McGlennon (Camb UH&H) 53:56; 233 S Macdougall (Bing) 53:56; 234 P McTigue (SLH) 53:57; 235 L Zone (IoW) 53:58; 236 J Collins (Box) 53:59; 237 J Palmer (BMH) 54:00; 238 S Franklin (Stops) 54:01; 239 D Parkin (Bir Row) 54:01; 240 P Normile (Liv PS) 54:02; 241 A Budarkiewicz (K&P) 54:02; 242 P Pudney (Liv PS) 54:02; 243 G Withers (CEPAC) 54:03; 244 A Iszartt (Bir Row) 54:03; 245 J Avis (Somer) 54:04; 246 A Kilding (Mand) 54:04; 247 M Llinares (HHH) 54:06; 248 J Garland (Chich) 54:08; 249 M Taylor (Tunb W) 54:09; 250 B Drury (Hals RR) 54:11; 251 J Stephenson (Tip) 54:13; 252 C Sampson (Morp) 54:14; 253 A Kennis (THH) 54:16; 254 D Fallon (Read) 54:17; 255 Macconnachie (Bas) 54:18; 256 M Webb (Bel) 54:19; 257 S Beardsall (DMV) 54:20; 258 D Laing (Ips J) 54:21; 259 D Murphy (Sale) 54:22; 260 J Kissane (N Lon) 54:23; 261 P Wetton (TVH) 54:24; 262 M Mansfield (S'end) 54:26; 263 D Fielden (Mand) 54:31; 264 A O'Connor (Har) 54:32; 265 P Carbutt (B&R) 54:33; 266 M Sykes (Spen) 54:33; 267 * A Clamp (Tam) 54:34; 268 K Bennett (Erme V) 54:35; 269 S Hilton (Der & Co) 54:37; 270 R Eriksson (Mus H) 54:40; 271 S Sheard (RN) 54:42; 272 A Bickerstaff (GWR) 54:43; 273 S Pullan (High) 54:44; 274 S Ruscoe (Vale R) 54:44; 275 S Claridge (St Alb) 54:45; 276 F Riley (Stock) 54:46; 277 J Peavoy (Mass F) 54:47; 278 A Thiemicke (Stoke) 54:48; 279 P Hill (Den St) 54:49; 280 C Edwards (Camb UH&H) 54:50; 281 R Payne (Bed & Co) 54:50; 282 R Harding (Chelt) 54:51; 283 J Trehearn (Traff) 54:52; 284 D Kesterton (B&R) 54:53; 285 T Eglen (AFD) 54:53; 286 R Batchelor (AFD) 54:54; 287 P Baker (Ports) 54:55; 288 P Barlow (B'hth) 54:56; 289 H Knowles (Norw) 54:56; 290 S Smith (Pres H) 54:59; 291 M O'Shea (N'brook) 55:01; 292 S Partridge (North P) 55:02; 293 M Plint (Sheff) 55:04; 294 M McKenzie (Mass F) 55:04; 295 V Brudenell (Mand) 55:05; 296 D Jorden (Med) 55:05; 297 S Gregory (Holme P) 55:06; 298 L Rudge (Old G) 55:07; 299 T Hetherington (Rug) 55:07; 300 V Carroll (North P) 55:08; 301 S Tavener (Head RR) 55:10; 302 K Brown (Mand) 55:10; 303 E McGrath (Bir Row) 55:11; 304 V Stamp (Ports) 55:11; 305 C Lazenby (DMV) 55:12; 306 R Bretherick (Long) 55:12; 307 N Hume (N Fylde) 55:13; 308 L Proudlock (N Lon) 55:13; 309 S Hunt (Salis) 55:14; 310 C Shuttleworth (Pres H) 55:14; 311 N Sheppard (West) 55:15; 312 M Dawson (Croy) 55:15; 313 R Clarke (THH) 55:16; 314 P Thomsett (Somer) 55:17; 315 P Calnan (B'hth) 55:18; 316 R Kenny (Pres H) 55:20; 317 P Vesey (Alt) 55:21; 318 O Jones (Tip) 55:22; 319 D Wooley (Keigh) 55:23; 320 K Anderson (Bing) 55:24; 321 G Lee (Harb) 55:24; 322 R Thetford (Ox C) 55:25; 323 N Hatchard (Bolt U) 55:25; 324 I Chalk (T Sol) 55:26; 325 R Wyley (Maid) 55:27; 326 E Bayne (Trent PT) 55:28; 327 S Hearnden (Stubb G) 55:28; 328 M Muir (NEB) 55:31; 329 M Dennison (Over) 55:31; 330 J Zaple (HHH) 55:32; 331 A Brown (Worth) 55:33; 332 P Insall (GWR) 55:33; 333 J Mathews (OWLS) 55:35; 334 M Walton (Bir Row) 55:35; 335 N Bateson (AFD) 55:36; 336 A Howey (Tunb W) 55:36; 337 J Dupuy (Bex) 55:37; 338 D Ellis (Bir) 55:37; 339 R Maddams (Harl) 55:38; 340 R Jenkin (Hill) 55:38; 341 P Bevilacqua (Thorn) 55:38; 342 G Damiani (Spen) 55:39; 343 M Potter (N Lon) 55:39; 344 G Quarton (SLH) 55:43; 345 B O'Reilly (Mus H) 55:43; 346 K Gunn (Der & Co) 55:44; 347 D Wilkinson (Roch) 55:44; 348 D Knight (Rane) 55:45; 349 S Wilson (Box) 55:45; 350 M Evans (Traff) 55:46; 351 * G Watson (NEB) 55:47; 352 S O'Connor (C&C) 55:47; 353 V Booth (Traff) 55:48; 354 A Deane (Liv H) 55:50; 355 S Azam (Tip) 55:51; 356 S Bloomer (NEB) 55:52; 357 R Goodwin (Hill) 55:52; 358 R Long (Ports) 55:52; 359 D Farquhar (Der & Co) 55:52; 360 C Riley (Mans H) 55:53; 361 M Berntsson (Der & Co) 55:53; 362 C Purse (Chelm) 55:54; 363 S Norris (Salis) 55:54; 364 M Langley (DMV) 55:55; 365 D Vosser (Over) 55:55; 366 K Stenner (Somer) 55:56; 367 N Davison (N Norf BR) 55:56; 368 * R Parrott (B'hth) 55:57; 369 P Gibb (Mus H) 55:58; 370 D Clarke (Mass F) 55:58; 371 A Coleman (W Gn) 56:01; 372 J Harding (Diss) 56:03; 373 P Banks (Cov) 56:04; 374 R Ball (Ports) 56:05; 375 A Nicholson (Chich) 56:05; 376 J Forster (Notts) 56:06; 377 G Wright (Chich) 56:06; 378 M Cates (Eton M) 56:07; 379 A Bissell (Rug) 56:07; 380 B Cooke (Croy) 56:08; 381 M Page (N Norf BR) 56:09; 382 B Hutchinson (Kent) 56:09; 383 M Whittaker (Ash) 56:11; 384 E Barker (Charn) 56:11; 385 J Coker (Ports) 56:12; 386 M Trowbridge (Dart) 56:12; 387 D Colclough (Trent) 56:13; 388 A Grice (Havant) 56:14; 389 S Wiltshire (Salis) 56:14; 390 S Smythe (Dulw) 56:15; 391 A Devoy (Wirr) 56:15; 392 M Feely (Cor) 56:16; 393 D Brophy (Pres H) 56:17; 394 M Moore (Holme P) 56:17; 395 C Price (Trent PT) 56:18; 396 I Ellington (Liv H) 56:20; 397 R French (N'brook) 56:21; 398 J Snodgrass (Bourt) 56:22; 399 O Flage (Wyc P) 56:22; 400 C Finill (Old G) 56:24; 401 G Matthews (E Ches) 56:26; 402 T Kingham (Wells) 56:27; 403 N Hodge (Norw) 56:27; 404 C Owens (Rane) 56:29; 405 T Egan (North P) 56:29; 406 J Ponting (Rane) 56:30; 407 P Sturtridge (Bide) 56:30; 408 A Norgate (Long) 56:30; 409 D Howard (Ports) 56:31; 410 S Anderson (Newb) 56:31; 411 P James (RSC) 56:31; 412 A Taylor (Bath) 56:32; 413 J Griffiths (Head) 56:32; 414 P Dunn (Ling) 56:34; 415 M Boardman (Med) 56:34; 416 A Rees (Hales) 56:35; 417 J Rickeard (Tav) 56:35; 418 D Gothard (Spark) 56:36; 419 D Keeling (Traff) 56:37; 420 B Gregory (Stock) 56:37; 421 D Farrington (S'port W) 56:38; 422 R Green (Lon I) 56:38; 423 S Woods (Roch) 56:39; 424 J Potter (Brid) 56:40; 425 D Fletcher (Havant) 56:40; 426 I White (St HS) 56:43; 427 J Luscombe (Chelt) 56:43; 428 M Blackwell (Bath) 56:45; 429 T Saunders (Ports J) 56:46; 430 P Derbyshire (Wig P) 56:47; 431 J Thorpe (GWR) 56:47; 432 N Baker (Head) 56:48; 433 C Edgington (SLH) 56:49; 434 T Jones (Hill) 56:51; 435 P Wheeler (Over) 56:53; 436 D Spragg (IoW) 56:53; 437 R Waters (Sale) 56:54; 438 G Morgan (Durs) 56:54; 439 B Allen (Ling) 56:56; 440 N Tolfrey (Havant) 57:00; 441 P Rothin (D&S) 57:02; 442 R Forbes (Dev) 57:03; 443 D Lancaster (Read) 57:04; 444 A Finch (SWRR) 57:05; 445 A Ward (B&R) 57:06; 446 C Hinks (Spark) 57:07; 447 G Webster (Exe) 57:08; 448 M Eldred (Hard) 57:09; 449 M Tarsay (BMH) 57:09; 450 P Jenkins (Mand) 57:10; 451 T Jason (W Gn) 57:11; 452 E Sweeney (Manc YMCA) 57:11; 453 T Wigley (Bourne) 57:12; 454 P Tulleth (Chelm) 57:12; 455 N Chattaway (Mass F) 57:13; 456 P Slater (HHH) 57:14; 457 P Boxshall (Kent) 57:15; 458 L Grist (Serp) 57:16; 459 G Mitchell (Sale) 57:17; 460 S Hay (I&I) 57:17; 461 S Plested (ESM) 57:17; 462 K Burns (Sils J) 57:18; 463 N Fairbrass (Kent) 57:19; 464 D Penwarden (Poole) 57:21; 465 A Ali (TVH) 57:21; 466 I Furness (D&S) 57:22; 467 K Fletcher (Somer) 57:23; 468 P Guest (Ports J) 57:24; 469 N Sturtridge (Bide) 57:25; 470 M McGreary (Chelt) 57:25; 471 G Taylor (Serp) 57:26; 472 I Aitchison (Roch) 57:26; 473 M Johnson (GWR) 57:27; 474 P Jones (Mil K) 57:27; 475 A Owen (N Lon) 57:28; 476 R Barry (N'brook) 57:28; 477 T May (Mil K) 57:29; 478 B Baldelli (C&C) 57:30; 479 C Birch (Ox C) 57:31; 480 D Chappell (HHH) 57:33; 481 C Braybrook (St Alb) 57:34; 482 I Muxlow (Notts) 57:35; 483 C Preist (Blyth) 57:36; 484 D Ehrenfried (Bir Row) 57:37; 485 N Shaikh (SB) 57:37; 486 A Nicoll (St Alb) 57:38; 487 K Langford (Lords RR) 57:39; 488 T Potter (Chesa) 57:39; 489 R Howells (ESM) 57:40; 490 T O'Grady (Bourne) 57:40; 491 W Hill (Craw) 57:40; 492 N Salmon (Hals RR) 57:41; 493 M Lee (Med) 57:41; 494 S Morton (Newk) 57:42; 495 M Schooling (Chor H) 57:42; 496 B Gore (Wig P) 57:42; 497 I King (Ash) 57:43; 498 R Kendall (Hard) 57:43; 499 P Bleach (Ports) 57:43; 500 W Slaymaker (Nun) 57:44; 501 R Jacobs (HHH) 57:45; 502 E Parker (St Croy) 57:45; 503 J Mace (Soton C) 57:45; 504 D Ogden (SLH) 57:48; 505 D Warren (Croy) 57:49; 506 M Chandler (Spen) 57:50; 507 P Fooks (Holme P) 57:51; 508 R Wadeley (Bigg) 57:55; 509 J Smith (Cor) 57:57; 510 M West (Col H) 57:57; 511 L Morgan (St Croy) 57:58; 512 C Noon (Bed & Co) 57:58; 513 M Waine (S'end) 58:00; 514 R Harding (Bel) 58:01; 515 * W Thomas (Tam) 58:01; 516 B Rogers (Ips J) 58:02; 517 C Semple (Mass F) 58:03; 518 T Inchley (L Buzz) 58:03; 519 J Savage (Hill) 58:04; 520 P Burton (GWR) 58:04; 521 R Taylor (Newb) 58:05; 522 S Rashid (Liv PS) 58:06; 523 K Vallis (Alton) 58:07; 524 D Quinlan (Mans H) 58:07; 525 C Russell (Mans H) 58:08; 526 R Rogan (Chelt) 58:09; 527 M Hawkins (Camb H) 58:10; 528 VM Long (Roys) 58:11; 529 D Tiernan (CEPAC) 58:12; 530 D Sharman (Der & Co) 58:13; 531 J Christopher North (Norf BR) 58:13; 532 A Clague (CEPAC) 58:14; 533 M Hamer (St Alb) 58:15; 534 T Patchett (Spen) 58:15; 535 S Kearn (Air-Log) 58:16; 536 N Pearson (Stour) 58:16; 537 M Wood (SLH) 58:17; 538 A Stobbs (Exe) 58:18; 539 D Ottey (DMV) 58:19; 540 D Barrett (W Gn) 58:20; 541 I Lamplough (Box) 58:21; 542 CB Beadle (Holm) 58:22; 543 J Brown (Salf) 58:23; 544 R Hill (F&C) 58:23; 545 P Mongan (SLH) 58:25; 546 K Luty (Poole) 58:25; 547 A Rawnsley (Bris) 58:26; 548 P MacLean (Hill) 58:26; 549 M Lowe (St Alb) 58:26; 550 K Hoye (Norw) 58:27; 551 J Fisher (Chich) 58:28; 552 K Lanckham (B&R) 58:30; 553 B Miligan (Mus H) 58:31; 554 M Leggett (HHH) 58:31; 555 S Williamson (WHH) 58:32; 556 P Mucklow (SWRR) 58:33; 557 P Clarke (Winch) 58:34; 558 D Houlton (Linc W) 58:36; 559 D Arnold (Den St) 58:37; 560 J Mortimer (Craw) 58:38; 561 A Hatchard (Bolt U) 58:40; 562 A Murphy (Mus H) 58:41; 563 D Walker (N Fylde) 58:42; 564 S Sinnott (HW) 58:43; 565 S McSepney (Ips J) 58:44; 566 B Bielby (St HS) 58:45; 567 P Messenger (Ash) 58:46; 568 D Lee (Mass F) 58:47; 569 G Johnston (N Fylde) 58:48; 570 C Ashworth (Durs) 58:49; 571 P Turner (Ips J) 58:49; 572 D Boulstridge (Bir) 58:50; 573 F Monmont (Bed H) 58:51; 574 P Baumann (St Alb) 58:51; 575 A Lynch (Exe) 58:52; 576 J Sharp (GWR) 58:54; 577 K Wadeley (D&S) 58:54; 578 R Benjamin (Ips) 58:55; 579 P Evans (D&S) 58:55; 580 C Hill (BMH) 58:56;



Junior champion: Simon Wilkinson

581 T Parker (Wreake) 58:58; 582 P Finn (Med) 59:00; 583 N Wilson (Nun) 59:00; 584 T Westbury (North P) 59:01; 585 F Golding (Wok) 59:02; 586 D Winfield (High) 59:04; 587 J Priest (Worth) 59:04; 588 I Howard (Read) 59:05; 589 P Wright (Wells) 59:07; 590 L Spencer (Keigh) 59:08; 591 K Gilson (Brid) 59:09; 592 A Pointet (Chich) 59:09; 593 A Bradshaw (Manc YMCA) 59:10; 594 A Short (Gran) 59:10; 595 A Mitchelson (Craw) 59:11; 596 N Hardman (Vale R) 59:12; 597 M Hawkins (B&R) 59:14; 598 T Akiens (Rug) 59:15; 599 V Rutland (Mand) 59:16; 600 D Hussey (Dulw) 59:17; 601 M Campbell (Worth) 59:18; 602 A Grant (Hales) 59:19; 603 G Clifton (Sand V) 59:20; 604 M Reidy (Padd W) 59:21; 605 P Hurcombe (Bir Row) 59:23; 606 C Bradley (Tonb) 59:24; 607 D Murfin (WHH) 59:24; 608 A Hawkins (Read) 59:25; 609 P Lovell (Croy) 59:27; 610 S Simpson (N'brook) 59:27; 611 K Griffiths (Stubb G) 59:28; 612 M Moore (Felix) 59:29; 613 T Hoy (Mass F) 59:30; 614 S Clews (B&R) 59:33; 615 I Bridgette (Trent) 59:35; 616 P Harris (Spring) 59:36; 617 E Priddy (Spark) 59:36; 618 M Hutchings (Durs) 59:37; 619 M Hargraves (Ports) 59:38; 620 J Warburton (Spen) 59:39; 621 D Knighton (NVH) 59:40; 622 A Kerr (Holme P) 59:40; 623 S Mackenzie (Harl) 59:42; 624 J Secker (Hard) 59:43; 625 A Sellars (Kent) 59:43; 626 S Yates (Ports J) 59:44; 627 F Reddington (Spen) 59:45; 628 A Cass (Ryde) 59:46; 629 I Wildman (C&S) 59:47; 630 B Morris (St HS) 59:48; 631 R Buswell (Bris) 59:49; 632 A Hall (Ports J) 59:49; 633 M Smith (T Sol) 59:49; 634 S O'Sullivan (Mil K) 59:50; 635 M Fallows (Ciren) 59:50; 636 S Millington (Hales) 59:51; 637 A Harran (HHH) 59:52; 638 B Goggin (Pres H) 59:53; 639 T Dixon (GWR) 59:54; 640 G Baird (M&C) 59:54; 641 J Pike (Ports) 59:55; 642 P Ellary (Mus H) 59:56; 643 O Phipps (Bark RR) 59:56; 644 C Clinch (Tonb) 59:57; 645 P Weatherhead (Wirr) 59:57; 646 R Davies (QPH) 59:58; 647 K Banks (N'brook) 59:58; 648 A Keen (DMV) 59:59; 649 P Cox (Telf AC) 59:59; 650 S Cook (Brid) 1:00:00; 651 J Montgomery (Cor) 1:00:00; 652 A Evans (Trent) 1:00:00; 653 K Harris (GWR) 1:00:01; 654 M Wilson (TVH) 1:00:01; 655 J Boyd (Read) 1:00:02; 656 D Green (Ash &D) 1:00:02; 657 G Trott (Alton) 1:00:04; 658 B Beardsmore (Hard) 1:00:04; 659 R Hogg (W Gn) 1:00:05; 660 A Tuttle (Newb) 1:00:06; 661 P Western (Havant) 1:00:07; 662 D Lane (Met P) 1:00:08; 663 M Rizza (QPH) 1:00:08; 664 T Lashmar (Vic P) 1:00:09; 665 S Marsh (Wells) 1:00:10; 666 P Sapsard (RSB) 1:00:11; 667 M Church (North P) 1:00:11; 668 P Pimental (IoW) 1:00:12; 669 M Morris (Wirr) 1:00:14; 670 P Binns (S'end) 1:00:15; 671 T Knightley (Bark RR) 1:00:15; 672 K Bentley (Spen) 1:00:17; 673 M Edwards (Hales) 1:00:18; 674 N Salmon (Dev) 1:00:19; 675 * P Tasker (Tam) 1:00:19; 676 C James (WHH) 1:00:20; 677 W Leaney (Padd W) 1:00:20; 678 G Linnell (Sils J)

1:00:21; 679 D Coates (Sils J) 1:00:21; 680 Browne (Mus H) 1:00:23; 681 D Palfrey (Tunb W) 1:00:25; 682 G Dowson (Brid) 1:00:25; 683 G Crispie (St Croy) 1:00:26; 684 B Alexander (St Alb) 1:00:27; 685 J Walden (Werr J) 1:00:27; 686 B Siviter (Bide) 1:00:28; 687 J Tracey (Nun) 1:00:28; 688 M Maranzano (K&P) 1:00:29; 689 D Pilbeam (Totton) 1:00:29; 690 D Saunders (ESM) 1:00:30; 691 C Waugh (Brent) 1:00:32; 692 J Oxenham (Wimb W) 1:00:33; 693 R Harrison (HHH) 1:00:33; 694 M Goodwin (Thurr) 1:00:34; 695 J Roche (Vic P) 1:00:34; 696 S Mann (Ver) 1:00:34; 697 C Morgan (CEPAC) 1:00:36; 698 Q Broadbent (Orion) 1:00:37; 699 T Hatch (Soton C) 1:00:38; 700 B Myers (North P) 1:00:38; 701 A Bryant (Mass F) 1:00:39; 702 S Gair (Blyth) 1:00:40; 703 L Golder (Dev) 1:00:41; 704 B Thompson (Hales) 1:00:41; 705 D Harding (Ash) 1:00:42; 706 P Cherry (Charn) 1:00:45; 707 T Cooley (Chich) 1:00:45; 708 P Ashby (WSE) 1:00:46; 709 D Walker (Ports) 1:00:47; 710 T Martin (Harl) 1:00:48; 711 R Carney (Bir Row) 1:00:50; 712 M Gohar (Rane) 1:00:51; 713 M Anglim (Hard) 1:00:51; 714 M Baggaley (Trent) 1:00:52; 715 R Disney (Read) 1:00:53; 716 C Sentance (Dulw) 1:00:53; 717 M Dorrill (Kenil) 1:00:53; 718 JM Lawton (SWRR) 1:00:54; 719 P Lydon (E&E) 1:00:54; 720 P Mann (DMV) 1:00:55; 721 M Horbury (Keigh) 1:00:55; 722 J Schutterlin (WHH) 1:00:55; 723 A Murray (Dulw) 1:00:56; 724 R Hole (SWRR) 1:00:56; 725 R Ward (Stops) 1:00:57; 726 M Cochrane (Wirr) 1:00:58; 727 P Davoille (RN) 1:00:59; 728 K Culshaw (Wig P) 1:01:00; 729 S Ingall (HW) 1:01:01; 730 D Stevens (Vale R) 1:01:01; 731 D White (Padd W) 1:01:02; 732 G Sillitoe (Old G) 1:01:02; 733 G Feenan (M&C) 1:01:02; 734 R Owen (Tonb) 1:01:03; 735 A Butler (D&S) 1:01:03; 736 C Fincham (B'hth) 1:01:04; 737 A O'Conner (St HS) 1:01:06; 738 S Hendrie (Vale R) 1:01:07; 739 P York (ESM) 1:01:07; 740 A Lyne (Trent PT) 1:01:08; 741 L Heath (Bark RR) 1:01:11; 742 S Connelly (F&C) 1:01:11; 743 S Goodlad (L Buzz) 1:01:12; 744 C Merrien (Chich) 1:01:12; 745 A Miles (Hill) 1:01:13; 746 R Wills (Nun) 1:01:13; 747 RN Lindesay (Wirr) 1:01:15; 748 D Laynes (Bed & Co) 1:01:17; 749 M Allen (Ver) 1:01:19; 750 N Langridge (Thorn) 1:01:20; 751 H Doe (N For) 1:01:21; 752 L O'Brien (TVH) 1:01:21; 753 M Handley (I&I) 1:01:22; 754 E Knapp (Brid) 1:01:23; 755 G Everett (Thorn) 1:01:23; 756 F McHale (Tatten) 1:01:24; 757 G Harrold (Enf) 1:01:24; 758 P Tremain (Spring) 1:01:25; 759 M Walker (Hels) 1:01:25; 760 * S Rylands (Mich) 1:01:26; 761 D Dew (HW) 1:01:27; 762 P Spurge (Ports J) 1:01:28; 763 P Windmill (L Buzz) 1:01:29; 764 D English (Hals RR) 1:01:29; 765 P Taylor (Tunb W) 1:01:30; 766 S Greenaway (St Alb) 1:01:30; 767 G Westley (Soton C) 1:01:31; 768 R Baines (Lords RR) 1:01:31; 769 A Harrop (Havant) 1:01:32; 770 R Allen (K&P) 1:01:33; 771 M Long (Bark RR) 1:01:33; 772 * J Purves (Aurora) 1:01:34; 773 D Mitchell (E&E) 1:01:34; 774 G Wigley (Bourne) 1:01:34; 775 P May (RN) 1:01:35; 776 D Wright (Newb) 1:01:35; 777 S Heighway (North P) 1:01:36; 778 K Kemp (Mus H) 1:01:36; 779 E Knight (Hales) 1:01:37; 780 D Clarke (Trent) 1:01:38; 781 R Musgrave (Tav) 1:01:38; 782 A Edwards (Spark) 1:01:39; 783 I Clarke (Stour) 1:01:39; 784 D Anderson (Bel) 1:01:40; 785 W Atkinson (Head) 1:01:40; 786 P Grimsdale (Ox C) 1:01:41; 787 D Young (Metros) 1:01:41; 788 D Percy (Der & Co) 1:01:44; 789 D Downer (Ryde) 1:01:45; 790 S Carson-Jones (Ports) 1:01:46; 791 K Jullian (High) 1:01:46; 792 M Day (QPH) 1:01:48; 793 M Renyard (Hard) 1:01:48; 794 M Connor (Bath) 1:01:49; 795 Goad (Bas) 1:01:49; 796 P Davidson (Gran) 1:01:50; 797 R Walmsley (Poole) 1:01:51; 798 P Dimmock (L Buzz) 1:01:51; 799 D Keating (Cor) 1:01:52; 800 J Hope (Padd W) 1:01:52; 801 G Weaver (S'end) 1:01:52; 802 D Graham (Wimb W) 1:01:53; 803 R Bradley (Holm) 1:01:55; 804 P Coventry (Nun) 1:01:55; 805 D Harris (Stour) 1:01:56; 806 P Crump (Bing) 1:01:56; 807 R Kesterton (B&R) 1:01:57; 808 N Derby (Ches H) 1:01:58; 809 K Wyke (Hals RR) 1:01:58; 810 R Brown (Bourne) 1:02:00; 811 A Pullen (Hard) 1:02:00; 812 K Wood (Dulw) 1:02:00; 813 G Tiffany (Vic P) 1:02:01; 814 D Brown (Bigg) 1:02:01; 815 P Scarles (SLH) 1:02:01; 816 P Fitzpatrick (Ver) 1:02:02; 817 D Pothecary (Chich) 1:02:02; 818 J Withy (Soton RC) 1:02:03; 819 S Balmer (Wirr) 1:02:03; 820 T Crossley (E Grin) 1:02:03; 821 M Elliot (K&P) 1:02:03; 822 D Fagan (Croy) 1:02:04; 823 F Bell (Wok) 1:02:05; 824 C Easton (Burt) 1:02:06; 825 S Lynch (Leam) 1:02:06; 826 S Freemantle (B'hth) 1:02:07; 827 D Bell (Wimb W) 1:02:08; 828 M Woods (Padd W) 1:02:11; 829 M Hoffman (Ilk) 1:02:13; 830 T Rawson (Head) 1:02:15; 831 S Herington (W Gn) 1:02:16; 832 J Shirley (Barn) 1:02:17; 833 M Hirst (Poole) 1:02:17; 834 T Walby (F&B) 1:02:18; 835 R Stow (Poole) 1:02:20; 836 E Binding (Ports J) 1:02:20; 837 G Goulding (Spark) 1:02:20; 838 C Brittain (Stubb G) 1:02:21; 839 C Harris (Bex) 1:02:22; 840 N Humphries (North P) 1:02:24; 841 S Cooper (Ryde) 1:02:24; 842 D Phillips (SWRR) 1:02:26; 843 D Dorning (Chich) 1:02:27; 844 R Noke (Hard) 1:02:28; 845 A Mundy (Stubb G) 1:02:28; 846 C Baynham (Cor) 1:02:29; 847 M Davies (Whit H) 1:02:29; 848 S Worthington (Traff) 1:02:30; 849 E King (Barn) 1:02:30; 850 J Morley (Mans H) 1:02:31; 851 D Foley (Lon I) 1:02:31; 852 T Blaylock (Chich) 1:02:32; 853 B Abbott (AFD) 1:02:36; 854 S Brown (Chich) 1:02:36; 855 J Ayton (High) 1:02:37; 856 R Pepper (Poole) 1:02:38; 857 J Harvey (Alton) 1:02:38; 858 S Roome (Metros) 1:02:40; 859 S Patten (Mus H) 1:02:42; 860 P Coleman (Tonb) 1:02:43; 861 S Lorimer (Trent) 1:02:44; 862 G Sage (Ash &D) 1:02:45; 863 M Baker (N'brook) 1:02:45; 864 J Davies (Durs) 1:02:45; 865 G Ridley (St Alb) 1:02:46; 866 S Symons (Manc YMCA) 1:02:47; 867 B Banawich (St HS) 1:02:47; 868 B Johnson (Coll) 1:02:49; 869 G Pugh (Harl) 1:02:50; 870 A Fairbank (IoW) 1:02:50; 871 E Dunning (Coll) 1:02:51; 872 D Patterson (Serp) 1:02:51; 873 C Jones (M&C) 1:02:52; 874 P Acland (Kend) 1:02:52; 875 D Barrett (Havant) 1:02:53; 876 P Spowage (Col H) 1:02:54; 877 I Wallhead (Mil K) 1:02:54; 878 S Brazil (Stragg) 1:02:55; 879 S Jones (Kenil) 1:02:55; 880 J Alflatt (HHH) 1:02:56; 881 P Lusardi (Ips J) 1:02:56; 882 R Clay (Staff) 1:02:57; 883 D Smith (Bourne) 1:02:57; 884 C Elvy (Tunb W) 1:02:57; 885 M Phillips (L Buzz) 1:02:58; 886 S Game (Dart) 1:02:58; 887 A Farmer (Dart) 1:02:58; 888 S Edwards (Nun) 1:02:59; 889 C Chown (Dulw) 1:02:59; 890 A Matthews (SWRR) 1:02:59; 891 K Homburg (RN) 1:03:00; 892 J McGilvray (St Croy) 1:03:00; 893 A Barnes (Bed H) 1:03:00; 894 J Ingleton (W Gn) 1:03:01; 895 S Harris (North P) 1:03:01; 896 C Manuel (Ash) 1:03:01; 897 D Barrett (Mans H) 1:03:02; 898 A Pemberton (Stragg) 1:03:04; 899 T Nicholson (Serp) 1:03:04; 900 T Everitt (Eton M) 1:03:04; 901 G Gibbs (Tad) 1:03:05; 902 P Dove (Amp & Flit) 1:03:06; 903 K Jellyman (Staff) 1:03:08; 904 S Broughton (Har) 1:03:17; 905 T Chadburn (Mans H) 1:03:17; 906 K Worrall (Traff) 1:03:18; 907 D Bennett (Ciren) 1:03:18; 908 G Davis (F&C) 1:03:19; 909 D Morgan (Vict) 1:03:21; 910 A Croft (N Fylde) 1:03:22; 911 J Douglas (Lut) 1:03:22; 912 S Longden (Alt) 1:03:23; 913 P Gooding (Bed & Co) 1:03:23; 914 P Shreeves (Charn) 1:03:24; 915 G Slysh (Huck) 1:03:24; 916 P Denniss (Huck) 1:03:25; 917 P Gale (Fair V) 1:03:28; 918 T Powell (W Gn) 1:03:29; 919 N Jerome (Sils J) 1:03:30; 920 A Horlock (Bark RR) 1:03:30; 921 K Rechert (Totton) 1:03:32; 922 M McGann (E Ches) 1:03:34; 923 T Stevens (Dag 88) 1:03:34; 924 M Endacott (Hales) 1:03:35; 925 D Fairbrass (Kent) 1:03:36; 926 C Jones (T Sol) 1:03:38; 927 D Norman (Spring) 1:03:39; 928 D Goffe (Ports) 1:03:40; 929 D Bawden (Trent PT) 1:03:40; 930 K Tymukas (Dulw) 1:03:41; 931 R Hingston (SLH) 1:03:41; 932 A Hilliard (Bed & Co) 1:03:43; 933 B Harris (Tunb W) 1:03:44; 934 S Geary (Mans H) 1:03:44; 935 S McDonald (IoW) 1:03:45; 936 R Pollard (RSC) 1:03:47; 937 R Tunstall (Hels) 1:03:47; 938 M Winter (HHH) 1:03:49; 939 D Darnell (NEB) 1:03:50; 940 J Charter (Staff) 1:03:51; 941 E Rodger (Ash &D) 1:03:52; 942 D Miller (Stragg) 1:03:55; 943 M Lloyd (Coll) 1:03:56; 944 I George (Stour) 1:03:57; 945 D Goodchild (Lords RR) 1:03:57; 946 P O'Connopr (Elm RR) 1:03:57; 947 G Tucker (RSB) 1:03:58; 948 D Bradley (Camb H) 1:03:58; 949 T Fowler (Vict) 1:03:59; 950 D Wollacott (Stour) 1:04:01; 951 F Aniolkouski (Blyth) 1:04:02; 952 N Edney (Den St) 1:04:05; 953 M Hemmings (Hav 90) 1:04:06; 954 G Wiltshire (Salis) 1:04:06; 955 B Cammell (RSB) 1:04:07; 956 M McLachlan (RN) 1:04:07; 957 N Bates (Nun) 1:04:08; 958 J Armstrong (Bex) 1:04:09; 959 M Creighton (E Ches) 1:04:11; 960 G Dacomb (Wimb W) 1:04:11; 961 R Carter (Hard) 1:04:12; 962 S Maxwell (W Gn) 1:04:13; 963 S Searle (SLH) 1:04:13; 964 S Reeves (Holme P) 1:04:14; 965 D Symmonds (Havant) 1:04:14; 966 C Bramley (Huck) 1:04:15; 967 J Tussler (Stubb G) 1:04:15; 968 R Ferris (Ciren) 1:04:16; 969 D Cronk (Metros) 1:04:18; 970 P Smith (Tunb W) 1:04:18; 971 J Danks (L Buzz) 1:04:19; 972 S Sincock (SWRR) 1:04:20; 973 D Baker (Reig P) 1:04:20; 974 N Davidson (St Croy) 1:04:21; 975 S Smith (Sand V) 1:04:21; 976 B Adams (N'brook) 1:04:22; 977 R Sharp (Craw) 1:04:24; 978 N Holmes (F&C) 1:04:25; 979 M Hill (WSE) 1:04:26; 980 D Wilkinson (Telf AC) 1:04:26; 981 R Osborn (Maid) 1:04:27; 982 M Kleanthous (L Buzz) 1:04:29; 983 E Baker (Cov) 1:04:29; 984 P Cunningham (SB) 1:04:30; 985 M Trevor (Bir Row) 1:04:31; 986 G Collins (Enf) 1:04:31; 987 D Yetton (Ports J) 1:04:32; 988 R James (Huck) 1:04:32; 989 D Lowdon (Newk) 1:04:33; 990 L Haines (Wit) 1:04:33; 991 T Austin (SLH) 1:04:33; 992 G Rhimes (Alton) 1:04:34; 993 G Foden (Vict) 1:04:34; 994 J Rusius (Pend) 1:04:34; 995 M Hilton (Salis) 1:04:35; 996 T Harvey (Mass F) 1:04:35; 997 R Paver (North P) 1:04:36; 998 M Nobbs (Soton RC) 1:04:36; 999 M Mann (Dulw) 1:04:37; 1000 K Allen (Notts) 1:04:37; 1001 I Powell (Read) 1:04:38; 1002 M Hooker (Alton) 1:04:38; 1003 T Slade (Chich) 1:04:39; 1004 S Pritchard (Barn) 1:04:40; 1005 R Compton (Hav 90) 1:04:41; 1006 G Crack (Worth) 1:04:43; 1007 A Egal (W Gn) 1:04:44; 1008 J Lloyd (Serp) 1:04:45; 1009 K Brown (Croy) 1:04:46; 1010 I Sesnan (Dulw) 1:04:46; 1011 R Hobbs (Durs) 1:04:46; 1012 M Ashton (E Ches) 1:04:46; 1013 A Belcher (Wimb W) 1:04:47; 1014 J Bird (N'brook) 1:04:49; 1015 M Welby (Dag 88) 1:04:50; 1016 P Brookes (Somer) 1:04:50; 1017 R Pick (SB) 1:04:51; 1018 J Fuller (Tunb W) 1:04:52; 1019 C Clarke (Bigg) 1:04:53; 1020 R Chaffe (Ling) 1:04:54; 1021 P Dipple (HHH) 1:04:54; 1022 R Westgate (Norw) 1:04:56; 1023 E Fletcher (D&S) 1:04:56; 1024 G Yeates (Dud K) 1:04:57; 1025 G Rose (Ports J) 1:04:58; 1026 S McSorley (IoW) 1:04:58; 1027 S Adams (Eton M) 1:04:59; 1028 F Araia (QPH) 1:04:59; 1029 B Coombes (Poole) 1:05:00; 1030 G Newton (Tad) 1:05:01; 1031 K Bracher (T Sol) 1:05:03; 1032 Nick Brown (Stragg) 1:05:04; 1033 B Oliver (Ports) 1:05:06; 1034 M Powell (Dart) 1:05:08; 1035 A George (Phoe) 1:05:09; 1036 P Green (S'end) 1:05:10; 1037 T Dymond (SWRR) 1:05:11; 1038 R Brigden (Bath) 1:05:12; 1039 N Walford (Rane) 1:05:16; 1040 D Blackmore (Stragg) 1:05:17; 1041 G Perrins (N'brook) 1:05:17; 1042 R Mothersole (Coll) 1:05:20; 1043 R Williamson (Gran) 1:05:20; 1044 D Roots (Soton RC) 1:05:21; 1045 S Saunders (Newk) 1:05:22; 1046 S Davenport (S'port W) 1:05:23; 1047 C Toyne (Manc YMCA) 1:05:24; 1048 M Robbins (Hay H) 1:05:25; 1049 A Fordham (Harb) 1:05:25; 1050 A Young (Dulw) 1:05:26; 1051 W Chidlow (Staff) 1:05:28; 1052 M Elnaugh (Coll) 1:05:29; 1053 M Woodman (Reig P) 1:05:30; 1054 B Barnaby (St Alb) 1:05:31; 1055 R Smith (Wyc P) 1:05:31; 1056 N House (RN) 1:05:32; 1057 A Scoffham (Metros) 1:05:32; 1058 N Howard (Thorn) 1:05:33; 1059 B Owens (Hals RR) 1:05:34; 1060 D Thompson (E Grin) 1:05:35; 1061 M Watt (Bex) 1:05:37; 1062 G Bennett (Ling) 1:05:38; 1063 C Ryan (Ling) 1:05:38; 1064 P Clements (H&W) 1:05:39; 1065 T Hulmston (Wirr) 1:05:40; 1066 G Young (Blyth) 1:05:41; 1067 J Gabriel (Ips Tri) 1:05:42; 1068 G Maitland (Ryde) 1:05:42; 1069 J Myall (Hill) 1:05:43; 1070 V Pauzers (HHH) 1:05:44; 1071 T Duggan (Havant) 1:05:45; 1072 T Mason (Ver) 1:05:45; 1073 H Thomson (Stock) 1:05:47; 1074 L Bernie (Kenil) 1:05:47; 1075 H Duggall (Sand V) 1:05:48; 1076 M Ennis (C&C) 1:05:48; 1077 M Munson (Hav 90) 1:05:49; 1078 R Long (Serp) 1:05:49; 1079 D Esslemont (Stragg) 1:05:49; 1080 M Sadler (RSC) 1:05:50; 1081 S Garner (Wreake) 1:05:51; 1082 D Edwards (GCJ) 1:05:52; 1083 C Proctor (Keigh) 1:05:53; 1084 S Penny (F&B) 1:05:54; 1085 S Gregory (Bigg) 1:05:57; 1086 P Mills (Vale R) 1:05:58; 1087 D Watkins (DMV) 1:05:59; 1088 N Bush (RSB) 1:06:01; 1089 I Burgess (Soton C) 1:06:03; 1090 A Rogers (Stubb G) 1:06:06; 1091 S Kemp (DMV) 1:06:06; 1092 K Ratcliffe (L Buzz) 1:06:07; 1093 D Musruck (Mans H) 1:06:09; 1094 G Horne (Bed H) 1:06:09; 1095 J Allard (M&C) 1:06:13; 1096 P House (W Gn) 1:06:15; 1097 S Glover (Hard) 1:06:18; 1098 R Dodwell (RN) 1:06:18; 1099 P Emery (SLH) 1:06:19; 1100 A Beards (Sand V) 1:06:19; 1101 J Pitt (Trent PT) 1:06:20; 1102 G Allen (Staff) 1:06:20; 1103 D Cattermole (E&E) 1:06:22; 1104 R Crosbie (TVH) 1:06:23; 1105 * I Rutherford (Tam) 1:06:24; 1106 R Baker (Norw) 1:06:25; 1107 M Towersey (Tad) 1:06:28; 1108 J Downey (Wirr) 1:06:29; 1109 R Chatburn (Keigh) 1:06:29; 1110 M Bruce (Elm RR) 1:06:33; 1111 T Moss (Mand) 1:06:34; 1112 P Moran (ESM) AC 1:06:35; 1113 R Macdonald (Bourt) 1:06:35; 1114 J Budd (Hill) 1:06:37; 1115 D Maclean (Alton) 1:06:40; 1116 M Miller (Trent PT) 1:06:40; 1117 D Matthews (Newb) 1:06:41; 1118 M Chaplin (C&C) 1:06:41; 1119 D Burden (GCJ) 1:06:42; 1120 * D Turnbull (Aurora) 1:06:44; 1121 K Hardcastle (Winch) 1:06:44; 1122 S Skevington (Wreake) 1:06:45; 1123 M Harrison (Ash &D) 1:06:46; 1124 N Harding (Poole) 1:06:47; 1125 A Kent (Lut) 1:06:49; 1126 R Marshall (Elm RR) 1:06:50; 1127 D Surrey (SB) 1:06:52; 1128 * MJ Diayala (Thanet) 1:06:53; 1129 F Yearsley (Durs) 1:06:54; 1130 J Boyes (Ports J) 1:06:57; 1131 E Fitzmaurice (QPH) 1:06:59; 1132 D Evans (Wimb W) 1:07:00; 1133 J Knight (Stour) 1:07:01; 1134 P Askew (Ilk) 1:07:02; 1135 D Alsop (F&C) 1:07:03; 1136 C Loake (Harb) 1:07:06; 1137 R Mapp (OWLS) 1:07:06; 1138 S Robbins (Ports J) 1:07:07; 1139 S Redman (Vict) 1:07:07; 1140 T Burke (Metros) 1:07:08; 1141 P Wintle (Durs) 1:07:08; 1142 L Howick (Hors BS) 1:07:08; 1143 T Keeling (Fair V) 1:07:09; 1144 S Littlefair (Peter) 1:07:10; 1145 S Galloway (Bigg) 1:07:10; 1146 T Newell (GWR) 1:07:11; 1147 A Court (Totton) 1:07:11; 1148 R Abbey (Dag 88) 1:07:12; 1149 J Canning (West) 1:07:13; 1150 S Goodrich (Wreake) 1:07:15; 1151 K Reed (Erme V) 1:07:16; 1152 Mike Harris (West) 1:07:18; 1153 R Bell (Wimb W) 1:07:19; 1154 R Sayer (Alton) 1:07:21; 1155 J Clarke (Mass F) 1:07:22; 1156 J Hall (Mans H) 1:07:24; 1157 D Zalman (HHH) 1:07:24; 1158 C Frith (Dulw) 1:07:25; 1159 T Dable Sphinx AC 1:07:26; 1160 A Steel (Wreake) 1:07:26; 1161 N Cronshaw (Worth) 1:07:28; 1162 * G Dowsett (Lut) 1:07:29; 1163 M Benford (Ports) 1:07:30; 1164 R Dawson (S'end) 1:07:31; 1165 C Simpson (Phoe) 1:07:31; 1166 I McLanahan (Vict) 1:07:33; 1167 P Haynes (T Sol) 1:07:34; 1168 J Hoadley (Wimb W) 1:07:35; 1169 J Stanley (GCJ) 1:07:36; 1170 K Best (SSH) 1:07:37; 1171 D Schiff (Mus H) 1:07:37; 1172 L Jacobs (Newb) 1:07:40; 1173 K Prescott (Torr) 1:07:42; 1174 A Church (Maid) 1:07:45; 1175 P Bishop (Wood HR) 1:07:46; 1176 M Eve (Ash) 1:07:47; 1177 J Palmer (Hav 90) 1:07:49; 1178 R Adams (Chesa) 1:07:51; 1179 P Green (WSE) 1:07:52; 1180 A Greenaway (Bir Row) 1:07:53; 1181 T Allsopp (Sand V) 1:07:54; 1182 W Metcalf (NEB) 1:07:55; 1183 B McGuire (Ports J) 1:07:56; 1184 S Ho (S Liv) 1:07:59; 1185 S Day (Rane) 1:08:00; 1186 W Valentine (Bath) 1:08:02; 1187 B Wyman (Elm RR) 1:08:06; 1188 S Hutton (Tad) 1:08:06; 1189 B Tear (North P) 1:08:07; 1190 P Chappell (Ling) 1:08:08; 1191 T Johnson (Soton RC) 1:08:09; 1192 M Chaplin (F&C) 1:08:10; 1193 G Wilson (Brid) 1:08:10; 1194 T Taylor (Tunb W) 1:08:11; 1195 D Aspinall (S'port W) 1:08:11; 1196 D West (Dulw) 1:08:12; 1197 D Petch (Der & Co) 1:08:14; 1198 G Woodger (Coll) 1:08:16; 1199 T Jordan (N'brook) 1:08:17; 1200 K Garside (T Sol) 1:08:18; 1201 P Reeve (SNH) 1:08:19; 1202 A Holmes (F&C) 1:08:19; 1203 S Ashmore (Bide) 1:08:19; 1204 K Clark (Over) 1:08:20; 1205 G Sayer (Eton M) 1:08:21; 1206 M Bateson (Keigh) 1:08:21; 1207 I Hales (Bolt U) 1:08:22; 1208 J Dunn (T Sol) 1:08:24; 1209 D Marchant (Bath) 1:08:27; 1210 K Adams (Eton M) 1:08:28; 1211 S Till (BMH) 1:08:28; 1212 G Deakin (IoW) 1:08:29; 1213 F Robinson (Barn) 1:08:31; 1214 S McIntyre (Reig P) 1:08:31; 1215 M Wrottesley (St Alb) 1:08:33; 1216 J Lewy (C&C) 1:08:36; 1217 M Collins (Norw) 1:08:38; 1218 T Bridger (Coll) 1:08:40; 1219 P Dovey (VoA) 1:08:41; 1220 G Barton (Newk) 1:08:41; 1221 T Curry (Ciren) 1:08:42; 1222 D Rollins (AFD) 1:08:42; 1223 I Cousins (Stops) 1:08:42; 1224 A Wheelhouse (Spring) 1:08:43; 1225 A Dean (Harl) 1:08:44; 1226 C Harrison (Ash &D) 1:08:46; 1227 R Allen (Chich) 1:08:48; 1228 R Kneeshaw (Holm) 1:08:49; 1229 S Smith (Padd W) 1:08:50; 1230 J Kelly (SB) 1:08:51; 1231 M Daly (Stragg) 1:08:52; 1232 R Curwen (Pres H) 1:08:52; 1233 K Sadler (Hav 90) 1:08:53; 1234 J Northrop (Hali) 1:08:53; 1235 J Hoy (Orion) 1:08:55; 1236 K Davies (Trent PT) 1:08:55; 1237 M Emm (Salis) 1:08:57; 1238 J Edwards (Ports J) 1:08:58; 1239 C Abery (Ches H) 1:08:59; 1240 N Rowlinson (Trent PT) 1:09:01; 1241 R Hemming (GWR) 1:09:02; 1242 G Southcott (SWRR) 1:09:05; 1243 J Close (Ches H) 1:09:07; 1244 B Fry (Hard) 1:09:10; 1245 P Peters (Chich) 1:09:13; 1246 R Francis (Over) 1:09:14; 1247 P Durrans (HHH) 1:09:16; 1248 J Davies (Vale R) 1:09:18; 1249 B Grierson (Lords RR) 1:09:20; 1250 M Woods (AFD) 1:09:21; 1251 M Lamb (CEPAC) 1:09:21; 1252 M Jeffrey (Spring) 1:09:27; 1253 K Day (Hard) 1:09:29; 1254 K Angell (Bex) 1:09:29; 1255 N Ponting (WHH) 1:09:31; 1256 D Atherton (O&R) 1:09:33; 1257 N Collins (Stragg) 1:09:34; 1258 J Rampling (F&B) 1:09:34; 1259 D Poole (Holme P) 1:09:35; 1260 P Koenig (St Alb) 1:09:37; 1261 P Aaronson (E&E) 1:09:39; 1262 M Robinson (Notts) 1:09:40; 1263?G Cammell (Vict) 1:09:41; 1264 I Chambers (Wood HR) 1:09:42; 1265 A Armytage (Orion) 1:09:43; 1266 F Evans (Staff) 1:09:45; 1267 K Garnett (St HS) 1:09:46; 1268 S Robjohns (Bex) 1:09:47; 1269 C Siddens (Sheff) 1:09:49; 1270 A Kennaugh (Chich) 1:09:52; 1271 P Blackhurst (Liv PS) 1:09:57; 1272 M Wells (Harl) 1:09:59; 1273 P Deadman (Orion) 1:10:00; 1274 R Smith (Salis) 1:10:00; 1275 R Bunn (Hales) 1:10:02; 1276 S Davis (Stragg) 1:10:04; 1277 G Cousins (Dart) 1:10:08; 1278 B Imber (Dulw) 1:10:09; 1279 * R Treglown (Aurora) 1:10:10; 1280 S Parry (Ilk) 1:10:11; 1281 S McNair (Over) 1:10:12;

We was robbed

HALIFAX Harriers youngsters suffered shock losses hours before the National began.

Three of their 37-strong party were robbed by a sneak thief while they had breakfast at the Windsor youth hostel in which they had spent Friday night.

A total of £165 was stolen from their locked rooms. "Police were called, but we had to leave for Havant pretty quickly," said a club official.

Understandably shaken, none of the three robbed U17s ran as well as they had hoped.

Coach works

PARK-and-ride buses were invaluable to the thousands who needed to travel the one-and-a-half miles between Havant's car parks and the course ... but a couple of coaches were pretty special, too.

■ Dave Sunderland went home slightly disappointed his charges had not pocketed both senior gold medals. He guides Andrea Whitcombe and Spencer Duval.

■ Bud Baldaro was ecstatic as he set off for the GB Juniors' get-together at Abingdon. His beloved Tipton Harriers had reclaimed the men's team title – and two more of the athletes he advises, Lucy Wright and Laura Woffenden, were leading scorers in the Leeds City quartet which won the women's gold medals.

Elevation revelation

ALISON WYETH is still waiting her gold medal from last year's event.

The Parkside Harrow athlete finished second at Newark – but was elevated to champion when American Nnenna Lynch was disqualified some weeks later because Oxford University had not registered her as an overseas athlete.

Wyeth, at Havant as a spectator, is more amused than angry: she sees the irony of the situation, having finished second a record five times and never actually crossed the line first.

But her confusion was increased on Saturday when Andrea Whitcombe revealed she had received the 1996 bronze medal after being elevated from fourth to third.

So where's Wyeth's reward?

1282 * P Simpson (Veg) 1:10:12; 1283 R Coleman (Audley) 1:10:15; 1284 C Golding (St Croy) 1:10:16; 1285 M Knight (Der & Co) 1:10:17; 1286 D Stanley (Amp & Flit) 1:10:19; 1287 M Bennett (GWR) 1:10:20; 1288 S Arnold (Brid) 1:10:21; 1289 N Bush (Bigg) 1:10:23; 1290 P Viveash (Stragg) 1:10:24; 1291 R Laverick (CleS) 1:10:25; 1292 M Stokes (Lut) 1:10:26; 1293 D Leigh (Wit) 1:10:27; 1294?G Cammell (Vict) 1:10:29; 1295 S Cheal (Dag 88) 1:10:32; 1296 P Bird (Amp & Flit) 1:10:33; 1297 D Smith (Ches H) 1:10:34; 1298 M Morgan (NEB) 1:10:35; 1299 G Jenkins (Ryde) 1:10:35; 1300 L Richardson (Stops) 1:10:36; 1301 M Burge (Wimb W) 1:10:36; 1302 R Stowell (Charn) 1:10:37; 1303 T Allen (GCJ) 1:10:37; 1304 N Smith (Winch) 1:10:38; 1305 C Penn (Stragg) 1:10:42; 1306 D Mason (Eye) 1:10:43; 1307 K Wright (Spring) 1:10:44; 1308 E Bentley (M&C) 1:10:45; 1309 M Pardy (IoW) 1:10:45; 1310 N Mayers (Mus H) 1:10:48; 1311 M Hobbs (Woot B) 1:10:50; 1312 R Holmes (Manc YMCA) 1:10:51; 1313 D Brown (Metros) 1:10:52; 1314 B Taylor (Ling) 1:10:57; 1315 A Carter (Hals RR) 1:10:59; 1316 V Collins (Hav 90) 1:11:00; 1317 J Everett (Col H) 1:11:03; 1318 E Tilbury (Over) 1:11:04; 1319 R Gorden (Old G) 1:11:06; 1320 I Sargeant (Hels) 1:11:09; 1321 C Stanfield (Totton) 1:11:12; 1322 M Yates (Chich) 1:11:14; 1323 J Whitehouse (Audley) 1:11:16; 1324 C Stone (Reig P) 1:11:19; 1325 I Brian (Dag 88) 1:11:20; 1326 M Gilham (Ver) 1:11:22; 1327 R Pole (Dulw) 1:11:24; 1328 R Glover (Bigg) 1:11:25; 1329 J Tonkins (C&C) 1:11:27; 1330 A McCourt (Vic P) 1:11:30; 1331 S Hall (N For) 1:11:31; 1332 M Scothern (Huck) 1:11:32; 1333 M Russell (Tunb W) 1:11:33; 1334 T Parke-Davis (St Alb) 1:11:33; 1335 P Radford (Tunb W) 1:11:34; 1336 C Barrett (GWR) 1:11:36; 1337 S Neale (Dart) 1:11:37; 1338 B Allison (Brid) 1:11:37; 1339 C Holmes (Hali) 1:11:38; 1340 A Hampson (F&B) 1:11:38; 1341 * M Tyler (Tam) 1:11:39; 1342 G Mant (C'ley) 1:11:40; 1343 K Castledine (Burt) 1:11:40; 1344 A Cootes (Harl) 1:11:43; 1345 T Powell (Vale R) 1:11:45; 1346 K Perry Taunton AC 1:11:48; 1347 N Allen (Harl) 1:11:49; 1348 D Sedgley (Amp & Flit) 1:11:50; 1349 J Brunton (L Buzz) 1:11:51; 1350 G Hewitt (S'end) 1:11:52; 1351 J Edmondson (Wreake) 1:11:53; 1352 R Stockting (Wit) 1:11:54; 1353 T Powell (Tav) 1:11:59; 1354 C Brooke (Coll) 1:12:01; 1355 A Vince (Wells) 1:12:04; 1356 R Medley (Bex) 1:12:05; 1357 S Hawes (W Brom) 1:12:06; 1358 D Green (F&B) 1:12:08; 1359 J Adam (L Buzz) 1:12:09; 1360 P Fox (Wood HR) 1:12:19; 1361 M Bowe (GCJ) 1:12:20; 1362 G Bendle (Somer) 1:12:21; 1363 M Kemp (Phoe) 1:12:21; 1364 J Neville (Barn) 1:12:24; 1365 D Newman (Poole) 1:12:27; 1366 M O'Connor (Ash &D) 1:12:29; 1367 G Blackmore (Chich) 1:12:32; 1368 R Cox (Head) 1:12:33; 1369 C Hatwood (Kenil) 1:12:47; 1370 R Lawson (Clay) 1:12:53; 1371 T Avery (GCJ) 1:12:56; 1372 M Deakin (Hales) 1:13:03; 1373 P Hatfield (Bex) 1:13:05; 1374 T Brown (Blyth) 1:13:06; 1375 J Uwins (RSB) 1:13:07; 1376 R Sales (Ling) 1:13:08; 1377 S Hewitt (Barn) 1:13:09; 1378 D Wilkes (Wirr) 1:13:13; 1379 A Keeler (ESM) AC 1:13:16; 1380 R Wellstead (Stubb G) 1:13:18; 1381 B Norton (Rug) 1:13:20; 1382 C Stebbings (Lut) 1:13:22; 1383 B Taylor (Tunb W) 1:13:28; 1384 S Daly (Stragg) 1:13:28; 1385 M Arrowsmith (Tatten) 1:13:29; 1386 A Lebozer (SB) 1:13:31; 1387 E Donnelly (QPH) 1:13:34; 1388 A Walker (SinA) 1:13:36; 1389 S Mason (Totton) 1:13:37; 1390 K Whitfield (Audley) 1:13:40; 1391 S Milsom (Swin) 1:13:45; 1392 J Brooks (St Alb) 1:13:48; 1393 T Greenslade (RSB) 1:13:49; 1394 M French (Serp) 1:13:51; 1395 R Martin (Hill) 1:13:52; 1396 W Beese (Tad) 1:13:54; 1397 T Thompson (GWR) 1:13:55; 1398 D Stewart (Harl) 1:13:55; 1399 B Busby (Wreake) 1:13:56; 1400 C Timpson (E Ches) 1:13:58; 1401 J Duffy (Tad) 1:13:59; 1402 O Wright (Dulw) 1:14:11; 1403 D Debnam (Stops) 1:14:13; 1404 A Blacker (West) 1:14:15; 1405 M Witham (Stubb G) 1:14:17; 1406 P Concannon (Spark) 1:14:19; 1407 L Johns (Tunb W) 1:14:23; 1408 H Davies (Chich) 1:14:29; 1409 S Castell (Holm) 1:14:31; 1410 C Bower (Coll) 1:14:32; 1411 M Insley (Sand V) 1:14:33; 1412 M O'Driscoll (Bed H) 1:14:34; 1413 I Gibbs (Barn) 1:14:36; 1414 P Davitt (North P) 1:14:51; 1415 Pierce Williams (Newb) 1:14:53; 1416 R Dickenson (Blyth) 1:15:01; 1417 P Williams (O&R) 1:15:03; 1418 D Mitchell (Dev) 1:15:08; 1419 G Baguley (Newk) 1:15:11; 1420 J Tenant (Harl) 1:15:15; 1421 D Smith (Bex) 1:15:17; 1422 B Robb (Newk) 1:15:18; 1423 T Woollard (Gran) 1:15:25; 1424 G Dawes (Lords RR) 1:15:29; 1425 A Lee (Stubb G) 1:15:32; 1426 A Forster (Dart) 1:15:33; 1427 J Lea (Audley) 1:15:36; 1428 S Shillington (Kenil) 1:15:38; 1429 S Beckett (Eton M) 1:15:43; 1430 P Hollyfield (Chich) 1:15:43; 1431 M Barrow (Hard) 1:15:45; 1432 A Parkinson (Deal Tri) 1:15:48; 1433 * W McMahon (Aurora) 1:15:53; 1434 G Lewis (Kenil) 1:15:57; 1435 P Willcox (Vict) 1:15:59; 1436 C Lewis (Ryde) 1:15:59; 1437 R Ockenden (RSB) 1:16:00; 1438 M Harran (HHH) 1:16:02; 1439 C Shortt (E&E) 1:16:03; 1440 D Thorley (Audley) 1:16:07; 1441 S Hay (St Alb) 1:16:12; 1442 M Coster (Harl) 1:16:13; 1443 N Doherty (Mus H) 1:16:18; 1444 T Cutler (Poole) 1:16:19; 1445 R Marven (Barn) 1:16:20; 1446 T Merritt (Bide) 1:16:23; 1447 F Van Alderwegen (Newk) 1:16:27; 1448 R Beedell (Ches H) 1:16:28; 1449 N Gilks (N'brook) 1:16:37; 1450 M Cowlin (Maid) 1:16:47; 1451 A Camp (Camb H) 1:16:48; 1452 L Allen (Linc W) 1:16:50; 1453 P Austin (Dag 88) 1:16:51; 1454 A Hodgkiss (Telf AC) 1:16:54; 1455 P Henderson (Rug) 1:17:01; 1456 D King (Bigg) 1:17:02; 1457 C Douglas (N Lon) 1:17:10; 1458 L Wray (Deal Tri) 1:17:15; 1459 G Routledge (Heat) 1:17:27; 1460 G Terry (Den St) 1:17:28; 1461 W Hodkinson (Vale R) 1:17:37; 1462 * M Hayden (Aurora) 1:17:46; 1463 N Butler (Leam) 1:17:56; 1464 G Pinder (M&C) 1:18:04; 1465 P Levers (Huck) 1:18:05; 1466 D Bird (GCJ) 1:18:08; 1467 I Mahoney (NEB) 1:18:08; 1468 M Bugg (Eye) 1:18:15; 1469 G Curtis (Cor) 1:18:20; 1470 D Dhammaloka (B'hth) 1:18:24; 1471 J Irwin (St HS) 1:18:26; 1472 B Dupee (Chich) 1:18:31; 1473 B Harvey (Totton) 1:18:37; 1474 T Brown (Ports J) 1:18:50; 1475 * H Rule (Aurora) 1:18:57; 1476 G Sankey (Tunb W) 1:19:01; 1477 D Clague (Tatten) 1:19:04; 1478 M Blake (Vale R) 1:19:10; 1479 T Crook (Barn) 1:19:12; 1480 D Hobden (St Croy) 1:19:17; 1481 M Cartwright (Ch&Ch) 1:19:18; 1482 P Chaplin (C&C) 1:19:20; 1483 P Saywood (Exmth) 1:19:31; 1484 C Zacharides (Barn) 1:19:53; 1485 A Knight (GWR) 1:19:58; 1486 R Budd (Hard) 1:20:01; 1487 N Brooks (Harb) 1:20:09; 1488 * L Greaves (Aurora) 1:20:11; 1489 R Reid (Hard) 1:20:11; 1490 C Thackinell (Col H) 1:20:13; 1491 G Woods (GCJ) 1:20:17; 1492 K Diedrick (W Gn) 1:20:19; 1493 * N Cook (Aurora) 1:20:21; 1494 P Hant (Leam) 1:20:23; 1495 M Fitzgibbon (Eton M) 1:20:31; 1496 M Pearson (Stour) 1:20:39; 1497 D Davison (Somer) 1:20:46; 1498 J Spicer (Durs) 1:20:52; 1499 B Booker (Totton) 1:20:57; 1500 B Bleasdale (Rown) 1:20:57; 1501 A Lea-Gerrard (HHH) 1:21:00; 1502 E Kettle (Vale R) 1:21:03; 1503 D Langley (St Croy) 1:21:14; 1504 J Ratley (Ports J) 1:21:30; 1505 * T McDermott (Aurora) 1:21:37; 1506 A Roberts (VoA) 1:21:52; 1507 S Green (Bourne) 1:22:04; 1508 P Tomkinson (Audley) 1:22:14; 1509 D Enfield (Bex) 1:22:22; 1510 C Carver (St Croy) 1:22:26; 1511 A Wilson (ESM) AC 1:22:42; 1512 T French (N'brook) 1:22:59; 1513 J Tawn (F&B) 1:23:22; 1514 G Davies (F&C) 1:23:26; 1515 L Paddock (Soton C) 1:23:48; 1516 S Parsons (GWR) 1:24:35; 1517 J Moore (Head) 1:25:30; 1518 P Brocklesby (Stour) 1:26:32; 1519 T Crowhurst (Ling) 1:27:20; 1520 M Dilks (Chesa) 1:27:22; 1521 J Hayes (Totton) 1:27:27; 1522 R Bowers (O&R) 1:27:56; 1523 A Davies (St HS) 1:29:25; 1524 J Mackenzie (RSB) 1:29:38; 1525 L Green (C&S) 1:31:14; 1526 P Gray (Bed H) 1:33:04; 1527 K Crooke (Croy) 1:33:19; 1528 K Burnett (St Croy) 1:35:05; 1529 P Wilton (Thorn) 1:37:57

TEAM: (unattached and non-counters are deleted before teams are calculated): 1 Tipton H 162 (5 D Payne, 14 K Lamb, 28 A Puckrin, 31 N Stirk, 37 S Cotton, 47 I Pierce); 2 Bingley H 189 (3 S Brooks, 13 A Peace, 23 M Hawkins, 35 M Peters, 44 J Taylor, 71 M Kinch); 3 Coventry Godiva 319 (1 S White, 25 R Taylor, 29 G Deacon, 55 C Maguire, 99 D Collins, 110 C Brown); 4 Morpeth H 339 (8 I Hudspith, 16 T Wall, 34 M Hudspith, 66 G Woods 106, S Platts, 109 I Archbold); 5 Bristol 397 (24 C Wood, 36 S Risa, 38 N Adams, 80 G Eagle, 92 A Hawkins, 127 G Harriss); 6 Highgate 436 (20 J Loader, 52 S Snow, 59 J Lawson, 84 C Beecham, 96 C Addison, 125 E Southam); 7 Chelmsford AC 481 (40 J Freeman, 53 J Mills, 57 M Beerling, 75 P Barr, 116 S Vines, 140 A Huckson); 8 Leeds City 499 (17 M Roscoe, 30 G Hull, 56 T Gill, 58 S Mitchell, 111 M Hilton, 227 T Wilkes); 9 Thames Hare & Hounds 565 (49 B Reynolds, 67 R Philips, 81 T Richardson, 97 D Hill, 101 W Oxborough, 170 G Heathers); 10 Blackheath 746 (6 D Taylor, 11 S Newport, 91 L Bulson, 149 M Watling, 206 G Clifford, 283 P Barlow); 11 Bedford & Co 851 (46 M Yelling, 50 H Lobb, 120 P Sibbett, 135 J McMahon, 224 A Blair, 276 R Payne); 12 Liverpool H&AC 902 (60 P Cadwallader, 65 L Cadwallader, 93 M Keeley, 133 G Groves, 203 K Hatton, 348 A Deane); 13 Salford H 921 (19 L Matthews, 51 J Newnes, 61 K Chapman, 95 A Walpole, 160 P Roberts, 535 J Brown); 14 Herne Hill H 985 (68 I Munt, 112 D Baard, 113 D Robinson, 124 J Magnusson, 243 M Llinares, 325 J Zaple); 15 Liverpool Pembroke & Sefton 999 (45 R Berry, 114 D Dudley, 173 D Riley, 193 C Brooks, 236 P Normile, 238P Pudney); 16 Stockport H 1077 (10 B Hussain, 83 G Hill, 145 G Cudahy, 155 J Fitzsimmons, 271 F Riley, 413 B Gregory); 17 South London H 1105 (54 S Major, 103 F Kehoe, 179 N Belcher, 200 A Evans, 230 P McTigue, 339 G Quarton); 18 Cheltenham 1241 (42 S Robinson, 128 A Gore, 183 R Forsborrk, 191 K Spilman, 277 R Harding, 420 J Luscombe); 19 City of Portsmouth 1245 (107 C Plumpton, 152 J Brimecome, 190 M Ball, 215 C Elliott, 282 P Baker, 299 V Stamp); 20 Medway 1284 (4 B Royden, 18 I Hamilton, 77 M Linbourne, 291 D Jorden, 408 M Boardman, 486 M Lee); 21 Derby & Co 1287 (27 M Jubb, 86 J Ward, 216 T Bishop, 264 S Hilton, 341 K Gunn, 353 D Farquhar); 22 Sale Harriers Manchester 1441 (21 P Green, 137 A Walling, 146 M Johnson, 255 D Murphy, 430 R Waters, 452 G Mitchell); 23 Boxhill Racers 1618 (115 P Haywood, 177 C Parrack, 217 M Airey, 232 J Collins, 344 S Wilson, 533 I Lamplough); 24 Havant 1725 (122 D Roberts, 176 M Peters, 195 T Allan, 381 A Grice, 418 D Fletcher, 433 N Tolfrey); 25 Trafford 1734 (130 M Hutchinson, 222 C Wheeler, 278 J Trehearn, 345 M Evans, 347 V Booth, 412 D Keeling); 26 N London 1743 (180 N Mitchell, 198 P Lemmon, 256 J Kissane, 303 L Proudlock, 338 M Potter, 468 A Owen); 27 Kent AC 1769 (126 A Farquharson, 139 L Reilly, 223 B Lee, 375 B Hutchinson, 450 P Boxshall, 456 N Fairbrass); 28 Bromsgrove & Redditch 1772 (41 H Chepkwony, 209 R Malin, 261 P Carbutt, 279 D Kesterton, 438 A Ward, 544 K Lanckham); 29 AFD 1835 (39 J Jackson, 63 K Corpes, 280 T Eglen, 281 R Batchelor, 330 N Bateson, 842 B Abbott); 30 Preston H 2121 (204 S Hallas, 285 S Smith, 305 C Shuttleworth, 311 R Kenny, 386 D Brophy, 630 B Goggin); 31 Mandale 2122 (242 A Kilding, 259 D Fielden, 290 V Brudenell, 297 K Brown, 443 P Jenkins, 591 V Rutland); 32 Ranelagh H 2137 (131 P Haarer, 164 J Smith, 343 D Knight, 397 C Owens, 399 J Ponting, 703 M Gohar); 33 Nuneaton H 2145 (82 K Hayes, 136 A Richards, 181 A Wright, 493 W Slaymaker, 575 N Wilson, 678 J Tracey); 34 Birmingham Rowheath 2176 (235 D Parkin, 240 A Iszartt, 298 E McGrath, 329 M Walton, 477 D Ehrenfried, 597 P Hurcombe); 35 Dorking & Mole Valley 2187 (105 R James, 253 S Beardsall, 300 C Lazenby, 358 M Langley, 531 D Ottey, 640 A Keen); 36 Notts 2278 (73 P Rowlands, 171 I Walton, 201 P Fox, 369 J Forster, 475 I Muxlow, 989 K Allen); 37 Wood Green 2301 (118 C Brogan, 192 A Pamphilon, 364 A Coleman, 444 T Jason, 532 D Barrett, 651 R Hogg); 38 Spenborough 2321 (85 J Hornby, 262 M Sykes, 337 G Damiani, 499 M Chandler, 526 T Patchett, 612 J Warburton); 39 Thames Valley H 2350 (32 A Fooks, 214 M Gooch, 257 P Wetton, 458 A Ali, 646 M Wilson, 743 L O'Brien); 40 Massey Ferguson 2441 (272 J Peavoy, 289 M McKenzie, 363 D Clarke, 448 N Chattaway, 509 C Semple, 560 D Lee); 41 Great Western Runners 2564 (267 A Bickerstaff, 327 P Insall, 424 J Thorpe, 466 M Johnson, 512 P Burton, 568 J Sharp); 42 Muswell Hill R 2700 (265 R Eriksson, 340 B O'Reilly, 362 P Gibb, 545 B Miligan, 554 A Murphy, 634 P Ellary); 43 Reading AC 2734 (221 N Baugnet, 250 D Fallon, 436 D Lancaster, 580 I Howard, 600 A Hawkins, 647 J Boyd); 44 Chichester R&AC 2807 (244 J Garland, 368 A Nicholson, 370 G Wright, 543 J Fisher, 584 A Pointet, 698 T Cooley); 45 Croydon H 2808 (218 E Knox, 307 M Dawson, 373 B Cooke, 498 D Warren, 601 P Lovell, 811 D Fagan); 46 St Albans Striders 2855 (270 S Claridge, 474 C Braybrook, 479 A Nicoll, 525 M Hamer, 541 M Lowe, 566 P Baumann); 47 Hillingdon AC 2900 (335 R Jenkin, 351 R Goodwin, 427 T Jones, 511 J Savage, 540 P MacLean, 736 A Miles); 48 Northampton Phoenix 2906 (287 S Partridge, 295 V Carroll, 398 T Egan, 576 T Westbury, 659 M Church, 691 B Myers); 49 Serpentine RC 3065 (189 R Kindersley, 212

S Watterson, 451 L Grist, 464 G Taylor, 861 D Patterson, 888 T Nicholson); 50 Hardley R 3087 (185 R Savage, 441 M Eldred, 491 R Kendall, 616 J Secker, 650 B Beardsmore, 704 M Anglim); 51 City of Salisbury 3087 (117 S Herring, 304 S Hunt, 357 S Norris, 382 S Wiltshire, 943 G Wiltshire, 984 M Hilton); 52 Team Solent 3091 (43 S Poore, 169 C Dixon, 319 I Chalk, 625 M Smith, 915 C Jones, 1020 K Bracher); 53 Old Gaytonians 3121 (199 A Wray, 213 M Baron, 293 L Rudge, 393 C Finill, 723 G Sillitoe, 1300 R Gorden); 54 Cambridge H 3200 (7 N Francis, 102 S Bell, 205 G Grant, 519 M Hawkins, 937 D Bradley, 1430 A Camp); 55 Northbrook 3238 (286 M O'Shea, 390 R French, 469 R Barry, 602 S Simpson, 639 K Banks, 852 M Baker); 56 Trentham RC 3261 (156 S Pyke, 380 D Colclough, 607 I Bridgette, 644 A Evans, 705 M Baggaley, 769 D Clarke); 57 Wirral AC 3323 (186 J Holt, 384 A Devoy, 637 P Weatherhead, 661 M Morris, 717 M Cochrane, 738 RN Lindesay); 58 Newbury AC 3640 (202 N Bull, 403 S Anderson, 513 R Taylor, 652 A Tuttle, 765 D Wright, 1105 D Matthews); 59 Portsmouth Joggers 3702 (422 T Saunders, 461 P Guest, 618 S Yates, 624 A Hall, 752 P Spurge, 825 E Binding); 60 Somer AC 3717 (241 J Avis, 309 P Thomsett, 360 K Stenner, 460 K Fletcher, 1005 P Brookes, 1342 G Bendle); 61 Halesowen 3759 (409 A Rees, 594 A Grant, 628 S Millington, 665 M Edwards, 695 B Thompson, 768 E Knight); 62 Dudley & Stourbridge 3771 (434 P Rothin, 459 I Furness, 569 K Wadeley, 571 P Evans, 726 A Butler, 1012 E Fletcher); 63 Tunbridge Wells 3798 (245 M Taylor, 331 A Howey, 672 D Palfrey, 755 P Taylor, 873 C Elvy, 922 B Harris); 64 Harlow 3861 (143 G Morris, 334 R Maddams, 615 S Mackenzie, 701 T Martin, 858 G Pugh, 1210 A Dean); 65 Keighley RR 3974 (197 A Jones, 314 D Wooley, 582 L Spencer, 712 M Horbury, 1072 C Proctor, 1097 R Chatburn); 66 Holme Pierrepont 3990 (292 S Gregory, 387 M Moore, 500 P Fooks, 614 A Kerr, 953 S Reeves, 1244 D Poole); 67 Mansfield H 4006 (354 C Riley, 516 D Quinlan, 517 C Russell, 839 J Morley, 886 D Barrett, 894 Chadburn); 68 Headington RR 4068 (296 S Tavener, 406 J Griffiths, 425 N Baker, 774 W Atkinson, 819 T Rawson, 1348 R Cox); 69 Dulwich R 4075 (383 S Smythe, 592 D Hussey, 707 C Sentance, 714 A Murray, 801 K Wood, 878 C Chown); 70 Isle of Wight 4118 (231 L Zone, 429 D Spragg, 660 P Pimental, 859 A Fairbank, 924 S McDonald, 1015 S McSorley); 71 South West RR 4119 (437 A Finch, 548 P Mucklow, 709 JM Lawton, 715 R Hole, 831 D Phillips, 879 A Matthews); 72 Ashford AC 4167 (376 M Whittaker, 490 I King, 559 P Messenger, 696 D Harding, 885 C Manuel, 1161 M Eve); 73 Newham Essex Beagles 4200 (153 J Gentry, 323 M Muir, 350 S Bloomer, 928 D Darnell, 1167 W Metcalf, 1279 M Morgan); 74 Bideford AAC 4230 (78 M Spencer, 400 P Sturtridge, 462 N Sturtridge, 677 B Siviter, 1188 S Ashmore, 1425 T Merritt); 75 Bridlington RR 4238 (417 J Potter, 583 K Gilson, 642 S Cook, 673 G Dowson, 745 E Knapp, 1178 G Wilson); 76 Cambridge & Coleridge 4383 (194 M Salt, 346 S O'Connor, 471 B Baldelli, 1065 M Ennis, 1106 M Chaplin, 1201 J Lewy); 77 Southend-on-Sea 4390 (258 M Mansfield, 506 M Waine, 662 P Binns, 790 G Weaver, 1025 P Green, 1149 R Dawson); 78 St Helens Sutton 4434 (419 I White, 558 B Bielby, 622 B Morris, 728 A O'Conner, 856 B Banawich, 1251 K Garnett); 79 Sparkhill 4442 (411 D Gothard, 439 C Hinks, 609 E Priddy, 771 A Edwards, 826 G Goulding, 1386 P Concannon); 80 City of Norwich 4529 (284 H Knowles, 396 N Hodge, 542 K Hoye, 1011 R Westgate, 1094 R Baker, 1202 M Collins); 81 Trent Park Trotters 4552 (321 E Bayne, 388 C Price, 731 A Lyne, 918 D Bawden, 1090 J Pitt, 1104 M Miller); 82 Dursley & Dist 4571 (431 G Morgan, 562 C Ashworth, 610 M Hutchings, 853 J Davies, 1000 R Hobbs, 1115 F Yearsley); 83 Corby 4600 (385 M Feely, 502 J Smith, 643 J Montgomery, 788 D Keating, 835 C Baynham, 1447 G Curtis); 84 Vale Royal 4615 (269 S Ruscoe, 588 N Hardman, 721 D Stevens, 729 S Hendrie, 1075 P Mills, 1233 J Davies); 85 Leighton Buzzard 4618 (510 T Inchley, 734 S Goodlad, 753 P Windmill, 787 P Dimmock, 874 M Phillips, 960 J Danks); 86 Royal Navy 4618 (266 S Sheard, 718 P Davoille, 764 P May, 880 K Homburg, 945 M McLachlan, 1045 N House); 87 Stubbington Green 4621 (322 S Hearnden, 603 K Griffiths, 827 C Brittain, 834 A Mundy, 956 J Tussler, 1079 A Rogers); 88 Halstead RR 4627 (246 B Drury, 485 N Salmon, 754 D English, 798 K Wyke, 1048 B Owens, 1296 A Carter); 89 Soton C 4697 (187 P Phillips, 496 J Mace, 690 T Hatch, 757 G Westley, 1078 I Burgess, 1489 L Paddock); 90 E Cheshire & Tameside 4753 (119 G Raven, 394 G Matthews, 911 M McGann, 948 M Creighton, 1001 M Ashton, 1380 C Timpson); 91 Verlea 4782 (182 A Holt, 687 S Mann, 740 M Allen, 805 P Fitzpatrick, 1061 T Mason 130, 7 M Gilham); 92 Striders of Croydon 4783 (495 E Parker, 504 L Morgan, 674 G Crispie, 881 J McGilvray, 963 N Davidson, 1266 C Golding); 93 Overton H 4795 (324 M Dennison, 359 D Vosser, 428 P Wheeler, 1189 K Clark, 1231 R Francis, 1264 S McNair); 94 Paddock Wood 4806 (596 M Reidy, 668 W Leaney, 722 D White, 789 J Hope, 817 M Woods, 1214 S Smith); 95 Ealing Southall & Middlesex 4806 (454 S Plested, 482 R Howells, 681 D Saunders, 730 P York, 1100 P Moran, 1359 A Keeler); 96 Bourne AC 4844 (446 T Wigley, 483 T O'Grady, 763 G Wigley, 799 R Brown, 872 D Smith, 1481 S Green); 97 Poole AC 4873 (457 D Penwarden, 538 K Luty, 786 R Walmsley, 824 R Stow, 845 R Pepper, 1423 T Cutler); 98 Shaftesbury Barnet 4875 (89 S Rayner, 478 N Shaikh, 973 P Cunningham, 1006 R Pick, 1114 D Surrey, 1215 J Kelly); 99 City of Bath 5001 (405 A Taylor, 421 M Blackwell, 783 M Connor, 1027 R Brigden, 1171 W Valentine, 1194 D Marchant); 100 Alton J 5085 (515 K Vallis, 649 G Trott, 846 J Harvey, 981 G Rhimes, 991 M Hooker, 1103 D Maclean); 101 Stourport 5085 (528 N Pearson, 772 I Clarke, 794 D Harris, 933 I George, 939 D Wollacott, 1119 J Knight); 102 Lingfield RC 5126 (407 P Dunn, 432 B Allen, 1009 R Chaffe, 1051 G Bennett, 1052 C Ryan1175, P Chappell); 103 (Wimbledon Windmilers 5359 (683 J Oxenham, 791 D Graham, 816 D Bell, 949 G Dacomb, 1002 A Belcher, 1118D Evans); 104 Fleet & Crookham 5431 (536 R Hill, 733 S Connelly, 897 G Davis, 967 N Holmes, 1121 D Alsop, 1177 M Chaplin); 105 Queens Park H 5575 (638 R Davies, 655 M Rizza, 781 M Day, 1017 F Araia, 1117 E Fitzmaurice, 1367 E Donnelly); 106 Bexley Borough 5648 (332 J Dupuy, 828 C Harris, 947 J Armstrong, 1050 M Watt, 1239 K Angell, 1252 S Robjohns); 107 Dartford 5732 (379 M Trowbridge, 875S Game, 876 A Farmer, 1023 M Powell, 1261 G Cousins, 1318 S Neale); 108 Biggleswade 5788 (501 R Wadeley, 803 D Brown, 1008 C Clarke, 1074 S Gregory, 1131 S Galloway, 1271 N Bush); 109 Stragglers 5803 (867 S Brazil, 887 A Pemberton, 931 D Miller, 1021 Nick Brown, 1029 D Blackmore, 1068 D Esslemont); 110 Collingwood 5904 (857 B Johnson, 860 E Dunning, 932 M Lloyd, 1031 R Mothersole, 1041 M Elnaugh, 1183 G Woodger); 111 Blyth RC 5914 (476 C Preist, 693 S Gair, 940 F Aniolkouski, 1055 G Young, 1354 T Brown, 1396 R Dickenson); 112 Ryde 5980 (620 A Cass, 778 D Downer, 830 S Cooper, 1057 G Maitland, 1280 G Jenkins, 1415 C Lewis); 113 Springfield Striders 6007 (608 P Harris, 749 P Tremain, 916 D Norman, 1209 A Wheelhouse, 1237 M Jeffrey, 1288 K Wright); 114 Middlesbrough & Cleveland 6033 (632 G Baird, 724 G Feenan, 862 C Jones, 1084 J Allard, 1289 E Bentley, 1442 G Pinder); 115 Metros 6047 (776 D Young, 847 S Roome, 958 D Cronk, 1046 A Scoffham, 1126 T Burke, 1294 D Brown); 116 Eton Manor 6070 (371 M Cates, 889 T Everitt, 1016 S Adams, 1190 G Sayer, 1195 K Adams, 1409 S Beckett); 117 Stafford H 6073 (871 R Clay, 892 K Jellyman, 929 J Charter, 1040 W Chidlow, 1091 G Allen, 1250 F Evans); 118 Ashford & Dist 6096 (648 D Green, 851 G Sage, 930 E Rodger, 1110 M Harrison, 1211 C Harrison, 1346 M O'Connor); 119 Sandwell Valley 6269 (595 G Clifton, 964 S Smith, 1064 H Duggall, 1089 A Beards, 1166 T Allsopp, 1391 M Insley); 120 Redhill & Surrey Beagles 6343 (658 P Sapsard, 936 G Tucker, 944 B Cammell, 1077 N Bush, 1355 J Uwins, 1373 T Greenslade); 121 Wreake Runners 6365 (573 T Parker, 1070 S Garner, 1109 S Skevington, 1136 S Goodrich, 1146 A Steel, 1331 J Edmondson); 122 Hucknall RR 6497 (904 G Slysh, 905 P Denniss, 955 C Bramley, 977 R James, 1313 M Scothern, 1443 P Levers); 123 Newark 6505 (487 S Morton, 978 D Lowdon, 1034 S Saunders, 1205 G Barton, 1399 G Baguley, 1402 B Robb); 124 Victory AC 6508 (898 D Morgan, 938 T Fowler, 982 G Foden, 1125 S Redman, 1151 I McLanahan, 1414 P Willcox); 125 Barnet & Dist 6551 (821 J Shirley, 838 E King, 993 S Pritchard, 1198 F Robinson, 1344 J Neville, 1357 S Hewitt); 126 Havering 90 Joggers 6679 (942 M Hemmings, 994 R Compton, 1066 M Munson, 1162 J Palmer, 1218 K Sadler, 1297 V Collins); 127 Kenilworth RC 6809 (708 M Dorrill, 868 S Jones, 1063 L Bernie, 1349 C Hatwood, 1408 S Shillington, 1413 G Lewis); 128 Totton RC 6845 (680 D Pilbeam, 910 K Rechert, 1133 A Court, 1302 C Stanfield, 1369 S Mason, 1451 B Harvey); 129 Tadworth AC 6934 (890 G Gibbs, 1019 G Newton, 1095 M Towersey, 1173 S Hutton, 1376 W Beese, 1381 J Duffy); 130 Dagenham 88 Runners 7064 (912 T Stevens, 1004 M Welby, 1134 R Abbey, 1276 S Cheal, 1306 I Brian, 1432, P Austin); 131 Forbanks & Beckenham 7285 (823 T Walby, 1073 S Penny, 1243 J Rampling, 1321 A Hampson, 1338 D Green, 1487 J Tawn); 132 Garden City Joggers 7308 (1071 D Edwards, 1107 D Burden, 1154 J Stanley, 1284 T Allen, 1341 M Bowe, 1351 T Avery); 133 Audley RC 8247 (1265 R Coleman, 1304 J Whitehouse, 1370 K Whitfield, 1407 J Lea, 1419 D Thorley, 1482 P Tomkinson)

Junior Men

1 S Wilkinson (Stour) 32:11; 2 S Haughian (Houn) 32:20; 3 B Whitby (Houn) 32:42; 4 A Caine (Tyne) 32:49; 5 K Nash (AFD) 32:52; 6 Allen Graffin (Tonb) 32:59; 7 S Tompsett (Hill) 33:04; 8 R Brown (Els) 33:16; 9 A Forrest (Mil K) 33:18; 10 A Thake (RSC) 33:21; 11 C Davies (Telf AC) 33:23; 12 Andrew Graffin (Tonb) 33:34; 13 * B Smith (Sale) 33:35; 14 A Beckwith (Inv) 33:40; 15 T Boyce (OWLS) 33:41; 16 J Foreshew (Chich) 33:44; 17 S Stokes (Bolt U) 33:46; 18 C O'Neill (OWLS) 33:47; 19 N Talbot (Notts) 33:48; 20 A Mohammed (Houn) 33:55; 21 M East (Ports) 34:00; 22 N Mapp (OWLS) 34:05; 23 S Wurr (Leam) 34:11; 24 G Cuddy (Sale) 34:16; 25 J McCook (Bir) 34:18; 26 D Getliffe (AFD) 34:19; 27 A Barnes (AFD) 34:25; 28 I Westgate (Norw) 34:35; 29 D Stanley (BMH) 34:36; 30 R Davoile (Cov) 34:38; 31 S Green (OWLS) 34:39; 32 J Loxam (Stock) 34:40; 33 M Brown (Morp) 34:46; 34 J Bowskill (Notts) 34:47; 35 M Piano (Traff) 34:49; 36 G Parkinson (Hali) 34:49; 37 D Hibbert (Traff) 34:52; 38 R Kay (Morp) 34:59; 39 H Dias (TVH) 34:59; 40 A White (Cov) 35:00; 41 E Eliot Taunton AC 35:03; 42 N Phillips (Telf AC) 35:04; 43 C Fishlock (Hynd) 35:04; 44 C Birchall (E Ches) 35:05; 45 P Howarth (Wirr) 35:11; 46 M Webster (Lut) 35:13; 47 R Cartwright (Cov) 35:14; 48 G Dale (Staffs M) 35:16; 49 S Wraight (Bir) 35:19; 50 R Merritt (Soton RC) 35:22; 51 M Buntin (Wirr) 35:24; 52 D Walkey (Corn) 35:25; 53 J Quint (Norw) 35:27; 54 C Bannon (Houn) 35:28; 55 D Deed (Vaux) 35:29; 56 J Bradley (B'hth) 35:34; 57 C Lindesay (Wirr) 35:35; 58 M Norman (GEC) 35:39; 59 M Taylor (Cov) 35:42; 60 S Kimber (Ox C) 35:43; 61 P Stacey (B&H) 35:45; 62 D Everett (Bir) 35:46; 63 M Noyce (Winch) 35:50; 64 C Owen (Bir) 35:51; 65 S Hughes (Leigh) 35:55; 66 C Sutcliffe (Telf AC) 35:59; 67 D Wicks (Hast) 36:00; 68 B Hope (Cov) 36:03; 69 M Ho (S Liv) 36:04; 70 P O'Sullivan (Spark) 36:04; 71 J Beech (Staffs M) 36:06; 72 R Rushton (Cov) 36:07; 73 S Deakin (Pres H) 36:12; 74 M Pert (Norw) 36:15; 75 I Hogarth (B&H) 36:16; 76 J Gilby (Der & Co) 36:17; 77 S Austin (B'hth) 36:18; 78 N Griffiths (Bris) 36:19; 79 M Nikel (Peter) 36:22; 80 R Fergus (Camb UH&H) 36:22; 81 J Rendall (Tonb) 36:25; 82 A Phillips (Kend) 36:28; 83 R Mallard (Hales) 36:30; 84 L Wilkinson (AFD) 36:31; 85 R Joy (Norw) 36:31; 86 L Fisher (Cov) 36:34; 87 S Cooper (Tip) 36:36; 88 M Makin (Sale) 36:39; 89 C Bagshaw (B&R) 36:47; 90 P Cavallo (B'hth) 36:52; 91 A Bullock (N&P) 36:56; 92 K Quinn (Bel) 36:58; 93 E Haines (Chelt) 36:59; 94 L Swann Chorley AC 37:01; 95 S Haynes (W Gn) 37:02; 96 P Peerless (Wirr) 37:02; 97 D Thomas (Clee) 37:04; 98 J Baker (Chich) 37:05; 99 R O'Donnell (Sale) 37:07; 100 N Henderson (T Sol) 37:09; 101 S Mowforth (Leeds) 37:09; 102 G Garner (Thurr) 37:10; 103 M Wakefield (Notts) 37:11; 104 A French (IoW) 37:13; 105 M Townend (Har) 37:14; 106 A Cross (Ver) 37:14; 107 J Lennox (Head) 37:17; 108 P Smith (Brent) 37:20; 109 A Elliott (Notts) 37:23; 110 S Plummer (Soton RC) 37:24; 111 N Hazelwood (Hales) 37:27; 112 N Burbidge (Hali) 37:29; 113 J Hales (Bolt U) 37:30; 114 G Noble (Old G) 37:31; 115 D Baxter (Sale) 37:33; 116 T Feasey (BMH) 37:33; 117 D Brennan (Lon I) 37:34; 118 R Clark (Peter) 37:39; 119 A Slack (Ver) 37:43; 120 D Simon (Old G) 37:45; 121 R Dickenson (Hav M) 37:46; 122 W Fletcher (Hali) 37:50; 123 C Castle (Winch) 37:55; 124 J Collins (Norw) 37:57; 125 T Cook (Hay H) 37:59; 126 J Walsh (Hill) 38:00; 127 R Hirst (OWLS) 38:01; 128 R White (Mand) 38:01; 129 D Swinburne (Morp) 38:02; 130 A Lynch (Ox U) 38:03; 131 P Sampson (AFD) 38:05; 132 P Martin (Tonb) 38:11; 133 C Caldwell (Bolt U) 38:12; 134 B Walsh (SB) 38:14; 135 J Hayden (Notts) 38:21; 136 C Parkin (Notts) 38:22; 137 S Tamblin (Ports) 38:24; 138 J Worrall (Der & Co) 38:43; 139 T Parkin (Phoe) 38:47; 140 P Dutton (C&S) 38:56; 141 D Siddons (WSE) 39:02; 142 S Cheek (Bir) 39:04; 143 S Hazell (Cov) 39:26; 144 D Lewis (B&R) 39:29; 145 T McDowell (OWLS) 39:31; 146 R Brown (Charn) 39:43; 147 T Pitt (SLH) 39:51; 148 A Youell (Hill) 39:56; 149 D Chown (Dulw) 40:02; 150 C Palmer (Thorn) 40:09; 151 R Fuller (AFD) 40:23; 152 A Filby (Vaux) 40:30; 153 I Jones (Bir) 40:34; 154 G Griffin (B'hth) 40:36; 155 S Reilly (B'hth) 40:41; 156 D Thomas (IoW) 40:47; 157 M Hall (West) 40:59; 158 M Smith (ESM) 41:17; 159 T Woodthorpe (SNH) 41:40; 160 A Brown (Camb UH&H) 41:58; 161 L Salter (Exe) 42:21; 162 D Bowers (O&R) 42:43; 163 M Whiting (Wyc P) 43:15; 164 J Gardner (Totton) 43:18; 165 I Roberts (Lut) 43:26; 166 S Mann (ESM) 43:41; 167 B Hutchinson (Hill) 43:57; 168 T Collins (Hav M) 44:44; 169 P Monks (Vale R) 45:13; 170 I Pheasey (Mil K) 46:08; 171 E Hughes (NVH) 49:00

TEAM (unattached and non-counters are deleted before teams are calculated)

1 Borough of Hounslow 77 (2 S Haughan, 3 B Whitby, 19 A Mohammed, 53 C Bannon); 2 OWLS 82 (14 T Boyce, 17 C O'Neill, 21 N Mapp, 30 S Green); 3 Aldershot Farnham & Dist 139 (5 K Nash, 25 D Getliffe, 26 A Barnes, 83 L Wilkinson); 4 Coventry Godiva 172 (29 R Davoile, 39 A White, 46 R Cartwright, 58 M Taylor); 5 Birchfield 196 (24 J McCook, 48 S Wraight, 61 D Everett, 63 C Owen); 6 Tonbridge 229 (6 Allen Graffin, 12 Andrew Graffin, 80 J Rendall, 131 P Martin); 7 City of Norwich 236 (27 I Westgate, 52 J Quint, 73 M Pert, 84 R Joy); 8 Wirral 245 (44 P Howarth, 50 M Buntin, 56 C Lindesay, 95 P Peerless); 9 Notts AC 261 (18 N Talbot, 33 J Bowskill, 102 M Wakefield, 108 A Elliott); 10 Sale Harriers Manchester 322 (23 G Cuddy, 87 M Makin, 98 R O'Donnell, 114 D Baxter); 11 Blackheath 373 (55 J Bradley, 76 S Austin, 89 P Cavallo, 153 G Griffin); 12 Hillingdon 445 (7 S Tompsett, 125 J Walsh, 147 A Youell, 166 B Hutchinson)

U17

1 G Thompson (Craw) 19:19; 2 O Laws (Telf AC) 19:24; 3 R Falkner (OWLS) 19:32; 4 M Watson (Bing) 19:43; 5 C Thompson (AFD) 19:48; 6 J Mooney (Morp) 19:56; 7 D Rowen (SSH) 20:02; 8 * J Ellis (Spark) 20:05; 9 O Shilston (Corn) 20:07; 10 J Stewart (Hali) 20:09; 11 J Kidger (Craw) 20:10; 12 A Murphy (SB) 20:14; 13 S Lees (SSH) 20:15; 14 B Stopher (AFD) 20:16; 15 J Siddon (OWLS) 20:17; 16 M Skinner (B'hth) 20:19; 17 D Sellen (Clee) 20:25; 18 N Hepple (Brent) 20:26; 19 G Baxter (GEC) 20:29; 20 G Tomlinson (Sale) 20:31; 21 J Baldwin (ESM) 20:32; 22 L Eastley (Exe) 20:34; 23 M Slysz (Kirk H) 20:34; 24 J Baker (B'hth) 20:35; 25 L Sanders (Liv PS) 20:36; 26 C Livesey (Pres H) 20:36; 27 S Holmes (B'hth) 20:44; 28 * J Shorney (Yate) 20:45; 29 D Gray (Sale) 20:46; 30 D Farnham (B'hth) 20:48; 31 P Oliver (C&C) 20:50; 32 J Deacon (Hav M) 20:51; 33 R Fowler (Bir Row) 20:57; 34 C Kelly (Mans H) 20:59; 35 S Hunt (Old G) 21:00; 36 R Northrop (Hali) 21:00; 37 R Maycock (Sale) 21:01; 38 A MacLean (T Sol) 21:01; 39 J Dungar (Norw) 21:03; 40 L Jones (Craw) 21:06; 41 K Hawitt (Osw O) 21:07; 42 S Bailey (Staffs M) 21:07; 43 G Parsons (SB) 21:09; 44 G Blackman (SSH) 21:09; 45 O Williams (Telf AC) 21:14; 46 P Eaves (Hales) 21:16; 47 R Blandford (North P) 21:17; 48 P Laslett (AFD) 21:18; 49 D Baker (B'hth) 21:20; 50 C Ford (West) 21:20; 51 A Thomas (Inv) 21:21; 52 * J Arthur (M&C) 21:21; 53 G Chatwood (Taun) 21:22; 54 P Jelly (AFD) 21:22; 55 M Ward (Peter) 21:22; 56 L Pointer (Norw) 21:23; 57 A Hoban (Liv PS) 21:24; 58 S Edwards (Hill) 21:24; 59 Y Merrrington (ESM) 21:25; 60 P Murphy (SB) 21:27; 61 C Collins (Cov) 21:28; 62 G Kleapacz (Ports) 21:28; 63 R Sinclair (Stoke) 21:29; 64 R Fisher (Old G) 21:30; 65 A Baker (Roch) 21:31; 66 T Barnard (Mans H) 21:31; 67 B Bay (Med) 21:31; 68 T Alexander (Med) 21:33; 69 M Clayton (Norw) 21:34; 70 L Cooper (B'hth) 21:35; 71 R Boyle (T Sol) 21:35; 72 H Haydon (Ports) 21:37; 73 P Tucker (B'hth) 21:39; 74 M Nicholls (Old G) 21:40; 75 A Evans (RSC) 21:41; 76 R Pittam (Phoe) 21:43; 77 C Healing (Sale) 21:43; 78 T Berhe (TVH) 21:43; 79 R Orr (OWLS) 21:44; 80 Q Daniel (Hali) 21:44; 81 O Harradance (SSH) 21:45; 82 R Price (F&C) 21:47; 83 A Hazelwood (Exe) 21:48; 84 R Whaite (Sale) 21:50; 85 J Rice (Liv PS) 21:50; 86 * R Cole (Mand) 21:51; 87 J Hudson (Morp) 21:51; 88 S Roger (Norw) 21:51; 89 G Miller (Bmth) 21:52; 90 J Tugwell (Corn) 21:54; 91 M Almond (North P) 21:58; 92 T Chandler (VoA) 21:59; 93 M Shaw (RSC) 22:01; 94 S Dove (IoW) 22:01; 95 K McKill (S'end) 22:02; 96 T Banks (Winch) 22:02; 97 G Hogg (M&C) 22:02; 98 D May (Read) 22:03; 99 L McDonald (Hali) 22:03; 100 S Eyre (Craw) 22:04; 101 P Nicholson (Winch) 22:05; 102 D Bunn (M&C) 22:05; 103 R Fletcher (TVH) 22:09; 104 P Mepani (Old G) 22:10; 105 P Storey (SNH) 22:11; 106 D Parrish (GEC) 22:11; 107 G Thompson (Old G) 22:12; 108 C O'Connell (Morp) 22:12; 109 M Putnam (Wyc P) 22:13; 110 A Sampson (Wells) 22:13; 111 A Campbell (Ports) 22:14; 112 J Binfield (SSH) 22:17; 113 R Collins (Cov)

VIEW FROM ENGLISH NATIONAL CROSS COUNTRY CHAMPIONSHIPS, HAVANT, MARCH 8

22:17; 114 T Clothier (West) 22:19; 115 J Lee (Rane) 22:20; 116 S Bierton (Lut) 22:21; 117 L Southernwood (Hali) 22:22; 118 A Brabin (Wirr) 22:23; 119 R Doyle (OWLS) 22:23; 120 R Bookless (Read) 22:24; 121 R King (Holm) 22:25; 122 L Hall (Tip) 22:25; 123 M Lemmon (GEC) 22:26; 124 S Leah (Liv PS) 22:27; 125 M Henry (IoW) 22:29; 126 R Lippiatt (West) 22:31; 127 A Flanagan (Reig P) 22:32; 128 M Dawson (Peter) 22:32; 129 G Fowler (SSH) 22:33; 130 J O'Neil (Norw) 22:33; 131 G Slocombe (IoW) 22:33; 132 J Heywood (Holm) 22:34; 133 D Castle (Mil K) 22:35; 134 N Holt (NVH) 22:37; 135 M Hopkins (Craw) 22:41; 136 S Cooper (Morp) 22:42; 137 L Sammater (NEB) 22:42; 138 A Parkin (Phoe) 22:43; 139 A Conway (S'end) 22:44; 140 D Walker (Leeds) 22:48; 141 M Heath (Wirr) 22:49; 142 B Wells (Inv) 22:52; 143 J Cartwright (Padd W) 22:53; 144 M French (C&S) 22:55; 145 G Brownhill (Sale) 22:56; 146 T Hargreaves (Brack) 22:57; 147 L Biddell (RSC) 22:58; 148 I Moran (Liv PS) 22:59; 149 D Dalmedo (Hill) 23:00; 150 T Hazelwood (Hales) 23:00; 151 A Massey (Nun) 23:00; 152 A Thompson (Old G) 23:01; 153 P Hodgkinson (VoA) 23:01; 154 R Anderson (Read) 23:02; 155 D Kelly (NEB) 23:03; 156 T Inchley (L Buzz) 23:03; 157 * M Pigott (Spark) 23:05; 158 M Harper (Hales) 23:06; 159 P Harland (Morp) 23:06; 160 R Faulkner (North P) 23:07; 161 A Lowther (Med) 23:08; 162 P Dymyd (Newk) 23:09; 163 J Martin (Barn) 23:11; 164 S Firth (Hali) 23:12; 165 B Wilde (Bide) 23:12; 166 A McGill (Ports) 23:14; 167 M Merchant (Wimb) 23:14; 168 J Burrows (Corn) 23:15; 169 A Crosby (Wirr) 23:15; 170 P Lurcock (GEC) 23:16; 171 T Mogford (Taun) 23:18; 172 T Digby (Norw) 23:19; 173 L Kennedy (Mil K) 23:20; 174 D Beale (N For) 23:21; 175 J Shipley (Hill) 23:22; 176 A McKenna (Bmth) 23:23; 177 P Greenwood (Hali) 23:24; 178 C Goodridge (Mil K) 23:25; 179 L Tiddy (L Buzz) 23:27; 180 K Grehan (ESM) 23:28; 181 J Lisle (M&C) 23:30; 182 D Laslett (ESM) 23:32; 183 A Curran (Inv) 23:32; 184 D Broad (Hav M) 23:34; 185 W McEvoy (Sale) 23:35; 186 A Clark (Ver) 23:36; 187 C McLeod (Old G) 23:40; 188 S Allen (IoW) 23:42; 189 R Warner (Hav M) 23:42; 190 M Cowens (Exe) 23:42; 191 O Walker (ESM) 23:45; 192 M Patterson (Hill) 23:46; 193 M Ellis (Cov) 23:47; 194 M Speke (Stoke) 23:48; 195 R Black (GEC) 23:53; 196 R Elmore (L Buzz) 23:55; 197 S Mills (RSC) 23:58; 198 R Gill (M&C) 23:58; 199 D Nevins (Old G) 24:04; 200 S Anderson (Peter) 24:07; 201 D Reeves (SB) 24:08; 202 D Morren (Old G) 24:13; 203 R Kennedy (Har) 24:15; 204 M Pinder (M&C) 24:17; 205 M Allison (W Gn) 24:21; 206 I Turton (SinA) 24:25; 207 M Riggins (RSC) 24:28; 208 T Wall (RSC) 24:29; 209 M Simons (Corn) 24:30; 210 P Cornish (Exe) 24:31; 211 R Johnson (West) 24:33; 212 P Hetterley (Med) 24:34; 213 R Jones (Wirr) 24:36; 214 L Metz (Winch) 24:38; 215 J Guibarra (Med) 24:39; 216 W Salvetti (Ports) 24:41; 217 O Selvester (Norw) 24:47; 218 S Storey (Wyc P) 24:50; 219 D Chivall (Peter) 24:52; 220 M Gordge (ESM) 24:59; 221 S Carter (Cov) 25:07; 222 T Galpin (Bmth) 25:11; 223 R Dewhirst (Sale) 25:17; 224 R West (S'end) 25:20; 225 P Grehan (ESM) 25:34; 226 J Hampson (Wyc P) 25:41; 227 I Sharkey (Ports) 25:45; 228 S Thompson (W Gn) 25:55; 229 T Newsum (NEB) 25:59; 230 E Hutchings (Rane) 26:00; 231 J Lodge (W Gn) 26:17; 232 M Warne (W Gn) 26:17; 233 A Yassin (NEB) 26:37; 234 J White (Ports) 26:42; 235 M Koenig (Ver) 26:56; 236 A Clements (Hav M) 27:18

TEAM (unattached and non-counters are deleted before teams are calculated)
1 Blackheath H 92 (15 M Skinner, 23 J Baker, 26 S Holmes, 28 D Farnham; 2 Aldershot Farnham & Dist 115 (5 C Thompson, 13 B Stopher, 46 P Laslett, 51 P Jelly; 3 Solihull & Small Heath 139 (7 D Rowen, 12 S Lees, 42 G Blackman, 78 O Harradance; 4 Crawley AC 145 (1 G Thompson, 10 J Kidger, 38 L Jones, 96 S Eyre; 5 Sale Harriers Manchester 155 (19 G Tomlinson, 27 D Gray, 35 R Maycock, 74 C Healing; 6 OWLS 208 (3 R Faulkner, 14 J Siddon, 76 R Orr, 115 R Doyle; 7 Halifax H 215 (9 J Stewart, 34 R Northrop, 77 Q Daniel, 95 L McDonald; 8 City of Norwich 240 (37 J Dungar, 53 L Pointer, 66 M Clayton, 84 S Roger; 9 Old Gaytonians 265 (33 S Hunt, 61 R Fisher, 71 M Nicholls, 100 P Mepani; 10 Liverpool Pembroke & Sefton 280 (24 L Sanders, 54 A Hoban, 82 J Rice, 120 S Leah; 11 Shaftesbury Barnet 305 (11 A Murphy, 41 G Parsons, 57 P Murphy, 196 D Reeves; 12 Morpeth H 325 (6 J Mooney, 83 J Hudson, 104 C O'Connell, 132 S Cooper; 13 City of Portsmouth 396 (59 G Kleapacz, 69 H Haydon, 107 A Campbell, 161 A McGill; 14 GEC Avionics 404 (18 G Baxter, 102 D Parrish, 119 M Lemmon, 165 P Lurcock; 15 Ealing Southall & Middlesex 428 (20 J Baldwin, 56 Y Merrrington, 175 K Grehan, 177 D Laslett; 16 Cornwall AC 461 (8 O Shilston, 86 J Tugwell, 163 J Burrows, 204 M Simons; 17 Westbury H 486 (48 C Ford, 110 T Clothier, 122 R Lippiatt, 206 R Johnson; 18 Exeter H 491 (21 L Eastley, 80 A Hazelwood, 185 M Cowens, 205 P Cornish; 19 Medway AC 492 (64 B Bay, 65 T Alexander, 156 A Lowther, 207 P Hetterley; 20 Royal Sutton Coldfield 496 (72 A Evans, 89 M Shaw, 143 L Biddell, 192 S Mills; 21 Isle of Wight 521 (90 S Dove, 121 M Henry, 127 G Slocombe, 183 S Allen; 22 Hillingdon 557 (55 S Edwards, 145 D Dalmedo, 170 J Shipley, 187 M Patterson; 23 Middlesbrough & Cleveland 560 (93 G Hogg, 98 D Bunn, 176 J Lisle, 193 R Gill; 24 Coventry Godiva 571 (58 C Collins, 109 R Collins, 188 M Ellis, 216 S Carter; 25 Peterborough 585 (52 M Ward, 124 M Dawson, 195 S Anderson, 214 D Chivall; 26 Wirral AC 623 (114 A Brabin, 137 M Heath, 164 A Crosby, 208 R Jones; 27 Havering Mayesbrook 624 (30 J Deacon, 179 D Broad, 184 R Warner, 231 A Clements; 28 Newham & Essex Beagles 736 (133 L Sammater, 151 D Kelly, 224 T Newsum, 228 A Yassin; 29 Wood Green 876 (200 M Allison, 223 S Thompson, 226 J Lodge, 227 M Warne)

Senior Women

1 A Whitcombe (Park) 21:07; 2 L Wright (Leeds) 21:30; 3 E Talbot (Bed & Co) 21:35; 4 S Singleton (Liv H) 21:51; 5 J Thompson (Bath) 21:52; 6 L Woffendon (Leeds) 21:59; 7 S Cook (Ox U) 22:00; 8 J Shields (Sheff) 22:01; 9 D Sullivan (Hav M) 22:07; 10 D James (AFD) 22:10; 11 E Doubell (AFD) 22:17; 12 Z Hyde (Havant) 22:19; 13 L Maddison (Traff) 22:24; 14 G Moore (Bmth) 22:27; 15 M Dodd (Bing) 22:28; 16 K Jenrick (High) 22:29; 17 J Turnbull (Bury) 22:32; 18 S Bradbury (AFD) 22:35; 19 S Young (Salf M) 22:35; 20 H Pattison (Pres H) 22:37; 21 A Stiles (West) 22:38; 22 W Farrow (Der L) 22:41; 23 L Morton (West) 22:44; 24 M Wannell Exeter H 22:45; 25 L Sollars (Leeds) 22:52; 26 K Waugh (Liv H) 22:53; 27 A Rankin (O&R) 22:55; 28 L Field (Bris) 22:58; 29 R Jordan (Bir) 22:58; 30 C Pauzers (HHH) 22:59; 31 A Wingler (Hallam) 23:00; 32 J Harrop (Havant) 23:06; 33 S Parker (Sale) 23:09; 34 C Minquez (Bris) 23:18; 35 A Fletcher (Dulw) 23:19; 36 K Black (Roys) 23:21; 37 A Taswell (Wells) 23:22; 38 A Wood (Havant) 23:26; 39 C Thomas (Peter) 23:27; 40 J Rashleigh (Horw) 23:28; 41 K Rennie (Peter) 23:29; 42 E Foster (Charn) 23:31; 43 K McPherson (Traff) 23:33; 44 M Boleman (Sale) 23:34; 45 J Newcombe (SB) 23:38; 46 N Thompson (Dart) 23:39; 47 C Pimblett (Sale) 23:40; 48 S Boam (E Ches) 23:42; 49 J Fairclough (Med) 23:44; 50 V Marot (Leeds) 23:47; 51 K Bailey (Havant) 23:48; 52 L Kehoe (Traff) 23:49; 53 J Challinor (Liv H) 23:52; 54 C Fothergill (Hallam) 23:54; 55 N Mounty (West) 23:57; 56 S Murphy (SB) 24:03; 57 C Houghton (I&I) 24:03; 58 V McConnell (West) 24:04; 59 L Gore (Wig P) 24:07; 60 J Horner (Norw) 24:11; 61 R Quinn (Wyc P) 24:11; 62 M Myers (Park) 24:12; 63 P Herring (Salis) 24:13; 64 S Young (Park) 24:14; 65 Z Marchant (Bath) 24:15; 66 K Oxborrow (Hails) 24:17; 67 C Murphy (Liv H) 24:17; 68 D Hoogesteger (Wells) 24:21; 69 M Neal (Peter) 24:23; 70 D Manship (Cov G) 24:25; 71 C Norsworthy (RN) 24:26; 72 J Meeten (North P) 24:36; 73 N Cendrowicz (High) 24:38; 74 Y Hill (Bir) 24:40; 75 A Oakman (C&T) 24:41; 76 L Jolley (Wig P) 24:43; 77 K Haylock (Camb H&H) 24:45; 78 K Willoughby (Soton C) 24:46; 79 J Swann (W&B) 24:47; 80 J Wastell (N Lon) 24:52; 81 S Wariner (AFD) 24:53; 82 S Edwards (Cov G) 24:56; 83 R Smith (Bris) 24:57; 84 M Birdsall (Ox C) 24:58; 85 L Degg (CoS) 24:59; 86 J Pidgeon (Notts) 25:00; 87 H Wilkinson (Park) 25:03; 88 A Solly (N Lon) 25:10; 89 E Merchant (Cov G) 25:12; 90 K Dyer (Bris) 25:14; 91 V Norton (RN) 25:15; 92 K West (B'hth) 25:15; 93 R Scaife (Chesa) 25:15; 94 M Mills (Holme P) 25:16; 95 P Morrall (B&H) 25:16; 96 A Pugh (Alt) 25:17; 97 A Docherty (Park) 25:17; 98 S Weatherburn (W&B) 25:19; 99 J Holder (Ch&Ch) 25:20; 100 K Buckley (Chelt) 25:21; 101 A Bireda (Ex L) 25:23; 102 J Griffiths (Gosf) 25:25; 103 G Morgan (ESM) 25:25; 104 A Briscoe (Ox C) 25:25; 105 V Ford (GWR) 25:26; 106 M Auerback (Rane) 25:26; 107 M Hall (Ver) 25:26; 108 E Woffenden (Salf M) 25:27; 109 L Parry (Ilk) 25:27; 110 R Garland (Houn) 25:28; 111 A Tomkinson (Peter) 25:28; 112 C Doe (Poole) 25:28; 113 A Keen (Head RR) 25:28; 114 C Cresswell (Notts) 25:29; 115 J Rollins (Holme P) 25:31; 116 P Willson (F&C) 25:32; 117 A Coldrick (Bourt) 25:32; 118 L Butt (Wyc P) 25:33; 119 J Hodkinson (Pres H) 25:34; 120 M McGeorge (Wit) 25:34; 121 T Slade (Chich) 25:35; 122 P Spurge (Ports J) 25:35; 123 S Cox (Park) 25:36; 124 S Dunkley (North P) 25:36; 125 Sa Baigent (Read) 25:38; 126 Y Crawley (Der L) 25:43; 127 C Hiscock (Ports) 25:45; 128 R Teinila (Serp) 25:46; 129 S Kenyon (Med) 25:46; 130 S Exon (Traff) 25:49; 131 V Strickland (Havant) 25:54; 132 J Allison (Brid RR) 25:55; 133 S Walters (Ox C) 25:57; 134 B Wood (Border) 25:58; 135 F Kennedy (ESM) 25:58; 136 S Main (B&H) 26:00; 137 S Holman (Bath) 26:01; 138 D Marsh (Norw) 26:03; 139 P Morgan (Liv H) 26:04; 140 C Smith (Ply H) 26:04; 141 H Grice (Havant) 26:05; 142 J Choulerton (Head RR) 26:05; 143 L Felton (Hav M) 26:09; 144 M Wright (Nun) 26:12; 145 V A Quincy (Dac) 26:18; 146 L Collis (High) 26:19; 147 L Sartorio (Notts) 26:19; 148 M Levey (Inv) 26:19; 149 L Fradley (CoS) 26:20; 150 J Clarke (Stour) 26:21; 151 L Hill (TVH) 26:22; 152 D Pyecroft (North P) 26:24; 153 L Taylor (Traff) 26:25; 154 K Ramsey (Charn) 26:26; 155 D Wakefield (Sale) 26:27; 156 I Lockyer (Ports) 26:27; 157 E Charcharos (Dac) 26:28; 158 S Pitts (Wit) 26:30; 159 S Robson (Ports J) 26:31; 160 Y Budd (Hill) 26:36; 161 M O'Donnell (Traff) 26:37; 162 G Priest (Morp) 26:38; 163 Y Thiru (Gosf) 26:39; 164 D Milne (Inv) 26:45; 165 H Bowers (Park) 26:47; 166 J Heath (Ilf) 26:50; 167 H Kingston (Serp) 26:51; 168 K Bryan-Jones (Hallam) 26:52; 169 F Holland (N Lon) 26:53; 170 S Diggins (Over) 26:55; 171 R Allcock (HHH) 26:55; 172 S Statham (Charn) 26:57; 173 A Bentley (M&C) 26:58; 174 E Hudson (Stock) 27:00; 175 D Ford (West) 27:02; 176 A Horford (Dulw) 27:05; 177 G Hueter (Ox C) 27:06; 178 F Palmer (Med) 27:07; 179 J Ashton (Wit) 27:08; 180 T Rashford (Fair V) 27:11; 181 H Collins (Exe H) 27:13; 182 N Carville (E Ches) 27:16; 183 M Johnston (Serp) 27:16; 184 Sheldon-Relph (Serp) 27:17; 185 K Horswood (W Gn) 27:18; 186 J Oakley (Tad) 27:18; 187 K Newsome (Wyc P) 27:19; 188 C Sharp (Chich) 27:20; 189 Z Gaffen (Kent) 27:22; 190 W Ray (Ilk) 27:22; 191 S Bassett (Hors BS) 27:23; 192 K Else (Newk) 27:25; 193 R Saywell (Soton C) 27:26; 194 M Amess (N Lon) 27:28; 195 N McGarry (HHH) 27:29; 196 V McKinnon (Tav) 27:29; 197 P Rich (Serp) 27:30; 198 * B Jameson (Med) 27:30; 199 L Cliff (Holme P) 27:30; 200 T Dunbar (Liv H) 27:31; 201 T Minton (Chelm) 27:31; 202 J Conn (Serp) 27:32; 203 C Maynard (Stour) 27:33; 204 A Thomas (Bed H) 27:34; 205 A Baldwin (AFD) 27:37; 206 L Kooper (ESM) 27:38; 207 D Wall (TVH) 27:40; 208 C Findley-Bada (Soton C) 27:41; 209 D Batsford (Bir) 27:42; 210 K Dixon (Hast) 27:43; 211 E Sandall-Ball (Over) 27:44; 212 L Walsh (HHH) 27:46; 213 P Crocker (SLH) 27:48; 214 A Dennison (Over) 27:48; 215 A Wainwright (CoS) 27:51; 216 K Mitchell (Salis) 27:53; 217 J Isaac (WSE) 27:54; 218 G Wainwright (Hallam) 27:55; 219 M Palmer (West) 27:57; 220 S Wilson (Nun) 27:57; 221 J Stanfield (Totton) 28:02; 222 B Parkinson (North P) 28:07; 223 D Calvert (E Ches) 28:08; 224 V Brockwell (Holme P) 28:11; 225 N Eckardt (Head RR) 28:12; 226 E Mitchell (Trent P) 28:13; 227 H Rutter (Wells) 28:14; 228 S Ratley (Ports J) 28:15; 229 M Ward (Dulw) 28:15; 230 L Ringrose (Holme P) 28:20; 231 S Rowland (Rane) 28:21; 232 C Bruceburgess New Forest Runners 28:23; 233 L Keepen (Bath) 28:24; 234 M Matthews Tadworth A C 28:24; 235 R Bardsley (Salf M) 28:28; 236 J Reed (Erme V) 28:30; 237 A Kirkham (Cov G) 28:31; 238 M Loftus (Dulw) 28:33; 239 J Anderson (Gran) 28:33; 240 K Dwyer (Norw) 28:35; 241 A White (Padd W) 28:36; 242 M Crocker (Vic) 28:38; 243 N Walker (North P) 28:39; 244 S Donnolly (RN) 28:41; 245 D Gratton (Inv) 28:43; 246 C Lee (Gosf) 28:45; 247 M Marsh (Ports J) 28:46; 248 B Baldwin (Wok) 28:47; 249 K Walton (TVH) 28:49; 250 C Hall (Ports J) 28:50; 251 R Marsh (Ports J) 28:53; 252 H Fenton (Tad) 28:54; 253 J Sandilands (Roch) 28:58; 254 C McLaughan (RN) 29:00; 255 S Lambert (Serp) 29:00; 256 S Waters (Stragg) 29:01; 257 K Gill (J&H) 29:01; 258 A Robson (Gosf) 29:02; 259 F Bishop (Wok) 29:03; 260 P Townsend (Swin) 29:04; 261 J Candler (S'end) 29:05; 262 E Bowers (Park) 29:08; 263 K Blaylock (Totton) 29:09; 264 S Burton (GWR) 29:11; 265 A Moran (Inv) 29:12; 266 A Wallace (Vic) 29:13; 267 J Marchant (Eton M) 29:13; 268 S Fisher (Trent P) 29:20; 269 L Parker (Chich) 29:22; 270 N Harvey (HHH) 29:26; 271 M Hunt ((Salis) 29:28; 272 A Leonard (Manc YMCA) 29:29; 273 D Bailey (Chelt) 29:29; 274 J Farmer (Serp) 29:30; 275 J Slapp (Nun) 29:30; 276 P Dore (Roch) 29:33; 277 H Coe (GWR) 29:34; 278 J Haworth (Stragg) 29:37; 279 J Turner (Stour) 29:38; 280 S Admas (GWR) 29:39; 281 A Wardle (W Gn) 29:40; 282 H Paterson (Serp) 29:44; 283 L Selby (Harl) 29:46; 284 T Lenthal (AFD) 29:47; 285 J Becker (Bed & Co) 29:49; 286 L Howe (Stragg) 29:52; 287 C Heemskerk (Hill) 29:54; 288 J Robbins (Ports J) 29:56; 289 B Cole (Str Croy) 29:57; 290 S Edkins (N'brook) 30:00; 291 C Churcher (Vic) 30:03; 292 P Bailey (Nun) 30:05; 293 F Eustace (Tunb W) 30:09; 294 A Gilroy (Linc W) 30:09; 295 S Wilson (High) 30:16; 296 T Speight (Hard) 30:19; 297 K Kingwell (Ver) 30:19; 298 M Davenport (Vale R) 30:22; 299 V Lindsey (Padd W) 30:23; 300 T Blackwell (Bath) 30:24; 301 J Searle (HHH) 30:25; 302 A Stafford (Linc W) 30:26; 303 L Seed (Tatt) 30:29; 304 R Young (Serp) 30:32; 305 E Carson (E Ches) 30:33; 306 K Kenyon (Vic) 30:35; 307 D Fee (Werr J) 30:36; 308 L Noke (Hard) 30:37; 309 G Westbrook (Elm RR) 30:38; 310 D Hewitt (Aud R) 30:41; 311 J Butler (Kent) 30:42; 312 C Eves (Wyc P) 30:43; 313 B Gamblin (West) 30:44; 314 R Stewart (Stragg) 30:45; 315 J White (Ports) 30:46; 316 D Wixon (Wyc P) 30:46; 317 J Jeffery (Inv) 30:48; 318 G Raynor (Wit) 30:51; 319 S Poole (Holme P) 30:52; 320 K Southall (SLH) 30:52; 321 D Allard (M&C) 30:53; 322 A Young (Chesa) 30:54; 323 D Saywell (Soton C) 30:56; 324 C Armstrong (Bed H) 31:00; 325 J Brown (Ilk) 31:04; 326 P Dable (Sphinx) 31:10; 327 J Kirby (B Leys) 31:14; 328 P Parr (GWR) 31:19; 329 K Haley (B&R) 31:22; 330 S Levene (Harl) 31:28; 331 M Kinder (Chesa) 31:29; 332 P Rogers (Ports J) 31:30; 333 S Radford (Tunb W) 31:31; 334 R Kay (Inv) 31:33; 335 J Lloyd (Trent P) 31:35; 336 J Clay (Mand) 31:37; 337 P Clayton (Inv) 31:38; 338 P Teague (Bourt) 31:40; 339 M Morris (Serp) 31:41; 340 M Peasley (Hard) 31:42; 341 C Thorlby (Harl) 31:43; 342 S Gibbs (Barn) 31:43; 343 S Renyard (Hard) 31:46; 344 C Dowman (Lords RR) 31:47; 345 A Sankey (Tunb W) 31:50; 346 Stasuik (IoW) 31:53; 347 S Allen (Chich) 31:55; 348 C Harding (P&B) 31:58; 349 E Martin (Harl) 32:09; 350 B Bradshaw (Manc YMCA) 32:19; 351 T Knowles (Norw) 32:21; 352 Cardonagilbert (Head RR) 32:23; 353 J Maye (Holme P) 32:25; 354 P Davies (Vale R) 32:28; 355 G Bunjamin (Ips) 32:29; 356 R Pilbeam (Totton) 32:36; 357 C Fitzsimmons (StHS) 32:42; 358 L Smith (Trent P) 32:44; 359 Snow Ackland (Eton M) 32:45; 360 M Farmer (Dart) 32:46; 361 S Newham (Wreake) 32:50; 362 A Linnell (Sils J) AC 32:51; 363 L Dyo (Vic) 32:56; 364 J Whitfield (Aud R) 33:02; 365 M Shirley (Barn) 33:02; 366 M Desmond (Stragg) 33:03; 367 T Mickleburgh (Inv) 33:05; 368 C Constable (Mans) 33:13; 369 E Knowles (Serp) 33:16; 370 G Simms (Wreake) 33:17; 371 J Evans (Hard) 33:21; 372 S Crowley (Fair V) 33:25; 373 A Roebuck (N'brook) 33:25; 374 L Barker (Stragg) 33:30; 375 T Williams (Chelm) 33:33; 376 J Greenwood (Holme P) 33:43; 377 J Williams (Harl) 33:44; 378 S Adams (Chesa) 33:46; 379 C Messent (B'hth) 33:46; 380 R Chatley (F&C) 33:46; 381 L Watson (Vale R) 33:50; 382 J Passfield (Totton) 33:52; 383 J Elwin (Trent P) 33:54; 384 K Davidson (TVH) 33:55; 385 J Wilding (Salf M) 34:01; 386 S Talbot (Hill) 34:03; 387 L Davies (Bed H) 34:11; 388 P Jarman (Harl) 34:25; 389 K Carver (Norw) 34:26; 390 C Raymond (Fair V) 34:29; 391 J Morgan (Tatt) 34:43; 392 V Gibbons (Swin) 34:44; 393 S Batten (Vic) 34:49; 394 C Hearsey (F&C) 34:50; 395 J Atkins (Trent P) 34:58; 396 F Thomas (Totton) 35:04; 397 A Cowley (Ver) 35:05; 398 J Drake (Serp) 35:12; 399 C Paul (Fair V) 35:15; 400 D Frazer (Linc W) 35:20; 401 J Mason (Totton) 35:59; 402 C Coleman (Aud R) 36:06; 403 V Lawson (Clay) 36:25; 404 J Stafford (Linc W) 36:26; 405 L Ellis (Linc W) 36:27; 406 D Eldred (Hard) 36:52; 407 A Bolland (Spen) 36:59; 408 S Cousins (Dart) 37:15; 409 H Stewart (Harl) 37:38; 410 S Hardcastle (Hard) 37:46; 411 S Woollard (Gran) 38:10; 412 A Bolitho (Trent P) 38:25; 413 C Lewis (Telf AC) 38:41; 414 H Wells (Chelm) 40:00; 415 S Bolland (Spen) 41:35; 416 K Coull (Hard) 46:17

TEAM (nattached and non-counters are deleted before teams are calculated)
1 Leeds City AC 83 (2 L Wright, 6 L Woffendon, 25 L Sollars, 50 V Marot); 2 Aldershot Farnham & Dis 120 (10 D James, 11 E Doubell, 18 S Bradbury, 81 S Wariner); 3 Havant 133 (12 Z Hyde, 32 J Harrop, 38 A Wood, 51 K Bailey); 4 Liverpool H 150 (4 S Singleton, 26 K Waugh, 53 J Challinor, 67 C Murphy); 5 Westbury 157 (21 A Stiles, 23 L Morton, 55 N Mounty, 58 V McConnell); 6 Parkside (Harrow) 214 (1 A Whitcombe, 62 M Myers, 64 S Young, 87 H Wilkinson); 7 Bristol AC 235 (28 L Field, 34 C Minquez, 83 R Smith, 90 K Dyer); 8 Trafford AC 238 (13 L Maddison, 43 K McPherson, 52 L Kehoe, 130 S Exon); 9 Peterborough 260 (39 C Thomas, 41 K Rennie, 69 M Neal, 111 A Tomkinson); 10 Sale Harriers Manchester 279 (33 S Parker, 44 M Boleman, 47 C Pimblett, 155 D Wakefield); 11 City Of Bath AC 439 (5 J Thompson, 65 Z Marchant, 137 S Holman, 232 L Keepen); 12 Hallamshire H 470 (31 A Wingler, 54 C Fothergill, 168 K Bryan-Jones, 217 G Wainwright); 13 Coventry Godiva H 477 (70 D Manship, 82 S Edwards, 89 E Merchant, 236 A Kirkham); 14 Oxford City 498 (84 M Birdsall, 104 A

Briscoe, 133 S Walters, 177 G Hueter); 15 Highgate Harriers 529 (16 K Jenrick, 73 N Cendrowicz, 146 L Collis, 294 S Wilson); 16 North London 531 (80 J Wastell, 88 A Solly, 169 F Holland, 194 M Amess); 17 Northampton Phoenix 569 (72 J Meeten, 124 S Dunkley, 152 D Pyecroft, 22 1B Parkinson); 18 Herne Hill Harriers 607 (30 C Pauzers, 171 R Allcock, 195 N McGarry, 211 L Walsh); 19 Holme Pierrepont 630 (94 M Mills, 115 J Rollins, 198 L Cliff, 223 V Brockwell); 20 Royal Navy 658 (71 C Norsworthy, 91 V Norton, 243 S Donnolly, 253 C McLaughan); 21 Serpentine Running Club 662 (128 R Teinila, 167 H Kingston, 183 M Johnston, 184 Sheldon-Relph); 22 Dulwich Runners 676 (35 A Fletcher, 176 A Horford, 228 M Ward, 237 M Loftus); 23 Wycombe Phoenix 677 (61 R Quinn, 118 L Butt, 187 K Newsome, 311 C Eves); 24 Portsmouth Joggers 754 (122 P Spurge, 159 S Robson, 227 S Ratley, 246 M Marsh); 25 E Cheshire & Tameside 756 (48 S Boam, 182 N Carville, 222 D Calvert, 304 E Carson); 26 Gosforth 767 (102 J Griffiths, 163 Y Thiru, 245 C Lee, 257 A Robson); 27 Witney Road Runners 774 (120 M McGeorge, 158 S Pitts179, J Ashton, 317 G Raynor); 28 City Of Norwich 787 (60 J Horner, 138 D Marsh, 239 K Dwyer, 350 T Knowles); 29 Southampton City 800 (78 K Willoughby, 193 R Saywell, 207 C Findley-Bada, 322 D Saywell); 30 Invicta East Kent 820 (148 M Levey, 164 D Milne, 244 D Gratton, 264 A Moran); 31 Headington Road Runners 830 (113 A Keen, 142 J Choulerton, 224 N Eckardt, 351 Cardonagilbert); 32 Great Western Runners 923 (105 V Ford, 263 S Burton, 276 H Coe, 279 S Admas); 33 Chichester Runners 923 (121 T Slade, 188 C Sharp, 268 L Parker, 346 S Allen); 34 Nuneaton 928 (144 M Wright, 219 S Wilson, 274 J Slapp, 291 P Bailey); 35 Thames Valley Harriers 988 (151 L Hill, 206 D Wall, 248 K Walton, 383 K Davidson); 36 Victory AC 1101 (241 M Crocker, 265 A Wallace, 290 C Churcher, 305 K Kenyon); 37 Chesapeake Road Runners 1121 (93 R Scaife, 321 A Young, 330 M Kinder, 377 S Adams); 38 The Stragglers 1130 (255 S Waters, 277 J Haworth, 285 L Howe, 313 R Stewart); 39 Trent Park Trotters 1183 (225 E Mitchell, 267 S Fisher, 334 J Lloyd 357 L Smith); 40 Totton Running Club 1218 (220 J Stanfield, 262 K Blaylock, 355 R Pilbeam, 381 J Passfield); 41 Hardley Runners 1283 (295 T Speight, 307 L Noke, 339 M Peasley, 342 S Renyard); 42 Harlow RC 1299 (282 L Selby, 329 S Levene, 340 C Thorlby, 348 E Martin); 43 Fairlands Valley Spartans 1338 (180 T Rashford, 371 S Crowley, 389 C Raymond, 398 C Paul); 44 Lincoln Wellington AC 1396 (293 A Gilroy, 301 A Stafford, 399 D Frazer, 403 J Stafford)

U20

1 B Dagne (Ex L) 18:16; 2 A Tremble (NSP) 18:21; 3 V Wilkinson (Bing) 18:58; 4 C Dickie (Morp) 19:07; 5 B Brennan (Sale) 19:21; 6 A Kershaw (O&R) 19:23; 7 N Jones (Stock) 19:25; 8 J Heath (Sale) 19:28; 9 P Gowling (Bris) 19:35; 10 R Townend (Winch) 19:40; 11 E Ford (Liv H) 19:44; 12 B Gray (Scun) 19:53; 13 L Palmer (Der L) 19:54; 14 R Iannone (Mil K) 19:55; 15 G Hanson (Jers Sp) 19:59; 16 H Ward (Bir) 20:05; 17 R Randell (Wyc P) 20:07; 18 G Tamirat (Ex L) 20:08; 19 S Creamer (Cov) 20:09; 20 E Brown (Cov) 20:14; 21 L Worden (Charn) 20:21; 22 J Parkin (Bed & Co) 20:22; 23 C Sanderson (Skip) 20:23; 24 G Adams (Bris) 20:24; 25 G Greenhalgh (C&T) 20:27; 26 C Neil (Wyc P) 20:27; 27 K Duke (Mand) 20:29; 28 C Scott (Mil K) 20:30; 29 C Matchett (Charn) 20:33; 30 M Cantrill (Der L) 20:34; 31 K Prescott (Chor H) 20:34; 32 C Mead (C&C) 20:36; 33 N Coveney (Winch) 20:43; 34 T Briggs (Hali) 20:44; 35 A Dickie (Morp) 20:46; 36 T Elson (West) 20:49; 37 C Vines (C&S) 20:50; 38 J Kelsey (Tav) 20:53; 39 K Fletcher (Med) 20:58; 40 K Doherty (Chelt L) 21:04; 41 B Lambert (Bris) 21:05; 42 H Green (Wok) 21:07; 43 V Russell (Bed & Co) 21:07; 44 V Smith (Leic C) 21:08; 45 S Harrod (Bris) 21:09; 46 L Elvin (Bed & Co) 21:10; 47 E Bousted (Bed & Co) 21:22; 48 L Mant (C'ley) 21:31; 49 T Quinlivan (Brent) 21:31; 50 K Dulley (Park) 21:34; 51 C King (B&H) 21:35; 52 T Caine (Sale) 21:38; 53 E Middleton (Charn) 21:41; 54 T Wiggins (Ports) 21:48; 55 J Montgomery (Read) 21:50; 56 E Mayne (Bed & Co) 21:51; 57 C McGhee (Soton C) 21:51; 58 S Jackson (M&C) 21:52; 59 L Davies (Med) 22:02; 60 J Butterworth (E Ches) 22:04; 61 S Harrison (Charn) 22:20; 62 L Littlewood (Stour) 22:25; 63 M Casey (Sale) 22:27; 64 K Martin (Stoke) 22:32; 65 A Finney (Wok) 22:33; 66 A-M Tulloch (Ex L) 22:34; 67 A Newitt (Peter) 22:36; 68 Z Kirkham (Cov) 22:42; 69 A Cornell (BMH) 22:43; 70 J Duft (AFD) 22:44; 71 L Clarke (M&C) 22:47; 72 T Truelove (Inv) 22:55; 73 K Martin (D&T) AC 23:12; 74 K Crickmore (Med) 23:12; 75 T Mordecai (Ex L) 23:13; 76 S Fletcher (Med) 23:31; 77 R Heath (Charn) 23:39; 78 L Dulley (Park) 23:51; 79 N Moore (Felix) 23:53; 80 D Kennedy (Ex L) 24:03; 81 S Edwards (Wyc P) 24:09; 82 C Schulzl (Peter) 24:11; 83 A Carter (OWLS) 24:12; 84 V Pincott (Hors BS) 24:38; 85 V Robinson (Stock) 24:47; 86 L Lightman (Wok) 25:02; 87 T Jewell (Read) 25:11; 88 K Thurston (Ex L) 25:16; 89 E Keech (Bed & Co) 25:32; 90 J Makepeace (Ports) 26:21; 91 S Linsay (C&S) 26:32; 92 A Bartlett (Park) 27:16; ;

TEAM: 1 Bristol AC 119 (9 P Gowling, 24 G Adams, 41 B Lambert, 45 S Harrod); 2 Sale Harriers Manchester 128 (5 B Brennan, 8 J Heath ,52 T Caine, 63 M Casey); 3 Bedford & County AC 158 (22 J Parkin, 43 V Russell, 46 L Elvin, 47 E Bousted); 4 Essex Ladies 160 (1 B Dagne, 18 G Tamirat, 66 A-M Tulloch ,75 T Mordecai); 5 Charnwood 164 (21 L Worden, 29 C Matchett, 53 E Middleton, 61 S Harrison); 6 Medway AC 248 (39 K Fletcher, 59 L Davies, 74 K Crickmore, 76 S Fletcher)

U17

1 J Swallow (Brent) 18:27; 2 C Campbell (SB) 18:46; 3 K Fletcher (Kirk H) 18:47; 4 C Walsh (SB) 19:18; 5 E Satterly (Phoe) 19:32; 6 T Brazier (SB) 19:45; 7 L Kelly (B&F) 19:45; 8 M Speller (Havant) 19:46; 9 J Shortall (Liv H) 19:52; 10 L Vernon (Liv H) 19:52; 11 S Dugdale (Skip) 19:56; 12 L Thompson (North P) 20:00; 13 M Keep (Red RR) 20:03; 14 C Gregory (Tees) 20:16; 15 E Hathaway (RSC) 20:18; 16 G Philips (Kend) 20:19; 17 M Forster (Morp) 20:20; 18 S Cripsey (Bed & Co) 20:21; 19 E Deakin (Pres H) 20:25; 20 A Hartney (Wok) 20:26; 21 C Coffey (West) 20:27; 22 L Sutcliffe (Skip) 20:32; 23 N Ramsdale (Stock) 20:36; 24 C Fearn (SB) 20:38; 25 H Bebbington (RSC) 20:40; 26 S Carnell (Der L) 20:49; 27 L McCreesh (Sale) 20:51; 28 R Weilliams (Tip) 20:53; 29 K Masters (Rys R) 20:55; 30 H Carter (Winch) 20:55; 31 G Horne (Wyc P) 20:56; 32 J Mooney (Morp) 20:57; 33 C Davies (Telf AC) 20:59; 34 B Clarke (Bir) 21:02; 35 J Lindsay (Der L) 21:03; 36 R Lindesay (Wirr) 21:04; 37 R Taylor (Skip) 21:05; 38 S Whitby (Craw) 21:10; 39 S Maude (Gosf) 21:14; 40 M Iliffe (Charn) 21:15; 41 V Tester (Hav M) 21:16; 42 K Allan (Craw) 21:17; 43 C Colmer (Bex) 21:17; 44 J Oliver (SB) 21:18; 45 L Carson (E Ches) 21:24; 46 A Minshull (Sale) 21:25; 47 K Morrison (Stock) 21:27; 48 Y Maddams (Kett) 21:32; 49 E Harraden (Med) 21:33; 50 K Taylor (Cov) 21:36; 51 C Cosgrove (AFD) 21:37; 52 K Garrod (Bed & Co) 21:38; 53 H Jenkinson (Der L) 21:40; 54 C Bailey (Bath) 21:41; 55 R Watson (Peter) 21:42; 56 I Hines (HW) 21:42; 57 K Smith (Bas) 21:43; 58 E O'Dowd (Swin) 21:45; 59 K Upton (Liv H) 21:49; 60 R Bull (Soton C) 21:50; 61 C Fensome (Park) 21:51; 62 R Currie (North P) 21:52; 63 C Thomas (Park) 21:55; 64 K Longyear (Ports) 21:58; 65 E Wilkes (Hallam) 22:00; 66 J Knapman (Dev) 22:03; 67 E Atkinson (Skip) 22:03; 68 R Edwards (AFD) 22:04; 69 S Davies (Telf AC) 22:05; 70 V Watts (Vaux) 22:06; 71 N Morris (Park) 22:06; 72 Na Drew (Nun) 22:07; 73 K Brown (North P) 22:09; 74 R Chambers (AFD) 22:10; 75 B Ansell (Ports) 22:16; 76 R Crook (Mil K) 22:18; 77 S Street (Tip) 22:18; 78 K Trehane (Corn) 22:19; 79 S Smith (Bris) 22:19; 80 L Naylor (Hav M) 22:23; 81 E Curran (Sale) 22:23; 82 C Hammond (Bex) 22:24; 83 R Wasson (Mass F) 22:24; 84 R Passmore (SWRR) 22:26; 85 C Trice (North P) 22:26; 86 Ni Drew (Nun) 22:28; 87 L Hoyte (Hors BS) 22:29; 88 L Martindale (AFD) 22:30; 89 Z Hopkins (North P) 22:31; 90 G Aveyard (M&C) 22:36; 91 H Hawes (Hav M) 22:37; 92 B Ramsey (Read) 22:37; 93 J Mattingley (T Sol) 22:38; 94 J Browning (SNH) 22:38; 95 D Hefford (Charn) 22:41; 96 E Dumbleton (Bmth) 22:41; 97 R Duckham (Corn) 22:42; 98 H Towner (Poole) 22:46; 99 W Blackmore (Peter) 22:48; 100 S Frost (Bed & Co) 22:49; 101 R Corns (Tip) 22:53; 102 R Fox (Der L) 22:54; 103 K Leather (Sale) 22:55; 104 K Barton (Ports) 22:57; 105 L Stokes (Lut) 23:01; 106 S Fayers (NEB) 23:03; 107 D Conway (SB) 23:05; 108 D Halsall (Liv H) 23:10; 109 K Shaw (Stoke) 23:11; 110 E Grant (Hill) 23:16; 111 A Hawkins (Lut) 23:18; 112 E Burgess (Mil K) 23:21; 113 T Smith (Havant) 23:21; 114 E Lafferty (Sale) 23:22; 115 R Martin (Tip) 23:22; 116 K Gabriel (Ips) 23:28; 117 L Dickinson (NSP) 23:29; 118 G Whyatt (O&R) 23:30; 119 K Cloke (Hast) 23:34; 120 R Hall (Hali) 23:38; 121 A Doyle (Charn) 23:40; 122 M Wilkinson (Skip) 23:41; 123 J Crook (Read) 23:43; 124 A Sherwood (North P) 23:43; 125 K Woods (Havant) 23:43; 126 S Osborne (Hav M) 23:44; 127 D Cullen (SB) 23:45; 128 L Bardsley (Dorch) 23:46; 129 N Masterton (GEC) 23:47; 130 R Simmons (Bed & Co) 23:49; 131 R Dodsworth (RSC) 23:50; 132 R McKenzie (Peter) 23:55; 133 L Allen (Der L) 23:58; 134 N Sherwood (North P) 24:03; 135 K Lindsey (Padd W) 24:04; 136 L Causer (Morp) 24:06; 137 L Baldy (Soton C) 24:10; 138 E Hopkinson (Skip) 24:20; 139 L Horrobin (Swin) 24:26; 140 F Yearsley (Durs) 24:36; 141 L Pringle (Morp) 24:43; 142 L Stone (Wyc P) 24:47; 143 S Butchart (Read) 24:48; 144 H Clarke (Bed & Co) 24:54; 145 L Neville (Hav M) 24:58; 146 E Pincott (Hors BS) 24:59; 147 F McWilliams (Corn) 24:59; 148 C McMahon (Lut) 25:06; 149 S Morrison (Stock) 25:07; 150 L Bloor (Mich) 25:08; 151 R Hutchinson (M&C) 25:13; 152 K Potts (O&R) 25:15; 153 N King (AFD) 25:20; 154 A Williams (Havant) 25:27; 155 J Hastie (M&C) 25:28; 156 D Wilkinson (Wok) 25:34; 157 R Spears (Der L) 25:39; 158 J Benton (Der L) 25:39; 159 V Owen (Stoke) 25:42; 160 L Ireson (Peter) 25:48; 161 H Addy (M&C) 26:03; 162 C Finch (Nun) 26:12; 163 L Daniels (Read) 26:17; 164 N Smith (Ver) 26:19; 165 K Bensosan (Hav M) 26:22; 166 L Warren (Mand) 26:24; 167 B Nadin (Chesa) 26:27; 168 A Finn (Der L) 26:29; 169 D Boughey (Nun) 26:29; 170 K Timothy (Bed & Co) 26:35; 171 S Hunt (Havant) 26:37; 172 L Charman (Swin) 26:40; 173 P Lin (Hors BS) 26:46; 174 L Tait (Med) 27:38; 175 M Thwaites (Hors BS) 28:06; 176 R Canton (Hill) 28:25; 177 H Parrot (Med) 30:28

TEAM: 1 Shaftesbury Barnet Harriers 36 (2 C Campbell, 4 C Walsh, 6 T Brazier, 24 C Fearn); 2 Skipton & District AC 137 (11 S Dugdale, 22 L Sutcliffe, 37 R Taylor, 67 E Atkinson); 3 Liverpool H 186 (9 J Shortall, 10 L Vernon 59, K Upton, 108 D Halsall); 4 Derby Ladies AC 216 (26 S Carnell, 35 J Lindsay, 53 H Jenkinson, 102 R Fox); 5 Northampton Phoenix 232 (12 L Thompson, 62 R Currie, 73 K Brown, 85 C Trice); 6 Sale Harriers Manchester 257 (27 L McCreesh, 46 A Minshull, 81 E Curran, 103 K Leather); 7 Aldershot Farnham & Dis 281 (51 C Cosgrove, 68 R Edwards, 74 R Chambers, 88 L Martindale); 8 Bedford & County 300 (18 S Cripsey, 52 K Garrod, 100 S Frost, 130 R Simmons); 9 Tipton 321 (28 R Weilliams, 77 S Street, 101 R Corns, 115 R Martin); 10 Morpeth 326 (17 M Forster, 32 J Mooney 136, L Causer 141, L Pringle); 11 Havering Mayesbrook 338 (41 V Tester, 80 L Naylor, 91 H Hawes, 126 S Osborne); 12 Havant 400 (8 M Speller, 113 T Smith, 125 K Woods, 154 A Williams); 13 Peterborough 446 (55 R Watson, 99 W Blackmore, 132 R McKenzie, 160 L Ireson); 14 Nuneaton Harriers 489 (72 Na Drew, 86 Ni Drew, 162 C Finch, 169 D Boughey); 15 Reading 521 (92 B Ramsey, 123 J Crook, 143 S Butchart, 163 L Daniels); 16 Middlesbrough & Cleveland H 557 (90 G Aveyard, 151 R Hutchinson, 155 J Hastie, 161 H Addy); 17 Horsham Blue Star 581 (87 L Hoyte, 146 E Pincott, 173 P Lin, 175 M Thwaites)

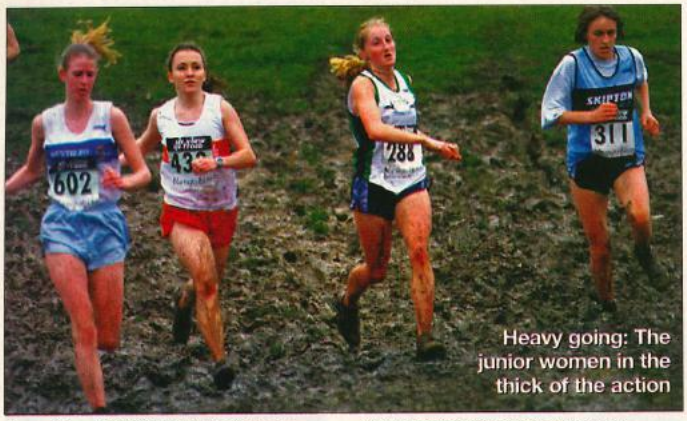
U15

1 N Coates (Cram) 15:12z 2 L Samuels (SNH) 15:26; 3 E Ward (CoS) 15:39; 4 S Jarvis (Wyc P) 15:43; 5 S Raven (S'end) 15:46; 6 L Damen (B'mth) 15:52; 7 E Wheeler (Der L) 15:53; 8 C Terry (S'port W) 15:59; 9 S Stanmore (SB) 16:03; 10 G Greenfield (AFD) 16:04; 11 H Freeman (Inv) 16:06; 12 N Newton (AFD) 16:07; 13 L Whittaker (Sale) 16:08; 14 L Michaelson (Liv H) 16:09; 15 J Goldsack (AFD) 16:11; 16 L Aaron (Hull Spr) 16:12; 17 R Stone (Peter) 16:13; 18 H Dean (Rad L) 16:15; 19 A Hutchinson (AFD) 16:17; 20 A Lucas (RSB) 16:22; 21 S Eaton (SB) 16:23; 22 S Koehne (SB) 16:23; 23 K Reed (Bris) 16:24; 24 J Anitier (SB) 16:29; 25 S Yousefian (Stock) 16:32; 26 E Rutland (B&F) 16:33; 27 L Curtis (Scun) 16:34; 28 L Spencer (Chich) 16:35; 29 J Mockler (Liv H) 16:36; 30 S Miles (Hill) 16:37; 31 J Keene (Sale) 16:38; 32 D Jeffery (Inv) 16:39; 33 R Malcom (ESM) 16:42; 34 S Day (Hors) 16:43; 35 E Lowndes (Winch) 16:44; 36 R Fletcher (Der L) 16:44; 37 C Booker (CoS) 16:48; 38 S Humphries (Hav M) 16:49; 39 S Herbert (Bris) 16:49; 40 L Munton (RedRR) 16:50; 41 V Rusius (Pend) 16:50; 42 C Hilditch (Mich) 16:51; 43 L Hall (SB) 16:51; 44 C Farris (T Sol) 16:52; 45 H Sefton (Liv H) 16:52; 46 E McNally (Ips) 16:53; 47 K Lught (B'hth) 16:53; 48 D Glover (North P) 16:53; 49 L Winter (Chelm) 16:54; 50 G Crow (D&S) 16:59; 51 C Martindill (Dev) 17:00; 52 N Harding (CoS) 17:01; 53 K Low (Mass F) 17:01; 54 C Bassill (Lut) 17:02; 55 C Simpkin (OWLS) 17:02; 56 L Sheard (Wake) 17:03; 57 S Hasler (RSC) 17:03; 58 L Chapman (Bed & Co) 17:04; 59 C Dickinson (Liv H) 17:04; 60 C Nisbet (Morp) 17:04; 61 Cummings (Wells) 17:05; 62 * R Clifton (S'end) 17:05; 63 K Markham (SB) 17:07; 64 H Gordon (Vaux) 17:09; 65 Whittaker-Axon (AFD) 17:09; 66 J Rogers (Bed & Co) 17:10; 67 J Bleasdale (Hill) 17:11; 68 V Kenny (Ips) 17:12; 69 C Harry (North P) 17:13; 70 V Harris (D&S) 17:14; 71 D Goff (Bed & Co) 17:14; 72 L Clayton (Inv) 17:14; 73 R Heathcote (C&S) 17:16; 74 G Viney (B'hth) 17:16; 75 A Woodvine (R&Z) 17:17; 76 J Essex (Bris) 17:19; 77 H Zenner (T Sol) 17:19; 78 N Woods (RSC) 17:19; 79 U Counsell (Bris) 17:20; 80 N Ismail (E Ches) 17:21; 81 O Smith (S'end) 17:22; 82 N Messenger (OWLS) 17:22; 83 K Rhodes (Wake) 17:23; 84 C Loughman (Hast) 17:24; 85 N Curtis (Scun) 17:25; 86 J Mayer (Mich) 17:25; 87 K Jones (RSC) 17:26; 88 S Doe (Rane) 17:26; 89 M Mayne (Bed & Co) 17:27; 90 J Green (Leic C) 17:28; 91 M Boyle (Kett) 17:30; 92 J Brooke (Ver) 17:32; 93 H Dyason (Med) 17:33; 94 J Alton (RSC) 17:33; 95 E Langdon (L Buz) 17:34; 96 S Littlefair (Peter) 17:34; 97 R Cummings (Morp) 17:35; 98 K Crewe (Sale) 17:35; 99 K Atkins (Mass F) 17:36; 100 J Clark (Ver) 17:37; 101 H Fairbairn (AFD) 17:39; 102 J Dagnan (Cov G) 17:39; 103 E Alcock (OWLS) 17:40; 104 R Jones (Tip) 17:40; 105 L Cossey (Hav M) 17:41; 106 V Sennitt (Rane) 17:42; 107 D Barrow (Rad L) 17:42; 108 E Austen (Phoe) 17:43; 109 L Biscoe (S'end) 17:43; 110 V Gallagher (NSP) 17:44; 111 A Child (Mil K) 17:45; 112 L Todd (Sale) 17:45; 113 J Carr (Wok) 17:46; 114 F Graham (Mil K) 17:47; 115 K Bullock (C&S) 17:49; 116 M Monk (Med) 17:50; 117 K Brennan (Warr) 17:51; 118 S Eaton (Wimb) 17:51; 119 H Roberts (Sale) 17:52; 120 N Holdsworth (Holm) 17:52; 121 J Short (Bas) 17:53; 122 B Fender (Wake) 17:53; 123 L Cowley (Ver) 17:53; 124 S Waddington (Skip) 17:56; 125 K Waterson (W Suff) 17:56; 126 M Hayward (Inv) 17:56; 127 C Adams (AFD) 17:57; 128 C Taylor (NSP) 17:58; 129 C Shaw (Mich) 17:58; 130?R Nicholls (Park) 17:59; 131 A Allerton (Inv) 17:59; 132 L Burton (B'mth) 18:00; 133 S Ellison (Morp) 18:00; 134 A Spinks (AFD) 18:01; 135 L Dudoic (Bed & Co) 18:02; 136 E O'Connell (Hali) 18:02; 137 A Skinner (ESM) 18:03; 138 K Austen (Phoe) 18:04; 139 K Robinson (Chelm) 18:04; 140 S Stewart (T Sol) 18:05; 141 M-C Moore (Mass F) 18:06; 142 N Finch (Nun) 18:06; 143 B Damms (Kett) 18:07; 144 F Vosper (Park) 18:08; 145 S Gosling (W Suff) 18:08; 146 G Jones (OWLS) 18:09; 147 S White (Hors) 18:09; 148 J Patterson (Morp) 18:10; 149 L Ennis (C&S) 18:10; 150 L Higgins (IoW) 18:10; 151 H Cunningham (Wyc P) 18:11; 152 N White (Holm) 18:13; 153 H Townsend (Newk) 18:14; 154 C Wise (VoA) 18:15; 155 R Williams (Med) 18:17; 156 M Hudson (Morp) 18:18; 157 N Holt (Hali) 18:18; 158 H Barratt (RSC) 18:19; 159 Z Carr (Bed & Co) 18:21; 160 D Thomas (Bas) 18:22; 161 K Goode (Bas) 18:22; 162 A Hewson (Dart) 18:22; 163 R Jablonski (Tip) 18:23; 164 K Ratcliffe (Bolt U) 18:23; 165 P Turner (BMH) 18:24; 166 H Jones (Tip) 18:24; 167 K Jones (Tip) 18:25; 168 R Nicholls (Park) 18:25; 169 K Simpson (N&P) 18:25; 170 E Cookson (Corn) 18:26; 171 J Brewer (Swin) 18:26; 172 P Coleman (Houn) 18:26; 173 M Hardiman (Liv H) 18:27; 174 G Small (Telf AC) 18:27; 175 C Vooght (Torr) 18:28; 176 J Christie (Hill) 18:31; 177 E



Hat-trick: Andrea Whitcombe

VIEW FROM ENGLISH NATIONAL CROSS COUNTRY CHAMPIONSHIPS, HAVANT



Heavy going: The junior women in the thick of the action

Jones (Craw) 18:33; 178 P Fitzsimmons (StHS) 18:34; 179 S Rogers (Dev) 18:35; 180 C Russell (T Sol) 18:35; 181 G Tillman (Brack) 18:35; 182 K Knight (C&S) 18:35; 183 A Andrews (M&C) 18:36; 184 E Dines (Mil K) 18:37; 185 J Pengelly (Corn) 18:40; 186 R Curley (Der L) 18:42; 187 L Davitt (North P) 18:43; 188 L Winter (Chelm) 18:45; 189 E Bennett (Wyc P) 18:46; 190 S Lawrence (Sale) 18:46; 191 R O'Neill (Bris) 18:47; 192 J Hawes (Houn) 18:47; 193 J Longyear (Ports) 18:48; 194 S Chapman (GEC) 18:49; 195 A Shaw (Hali) 18:49; 196 H Barker (B'hth) 18:50; 197 Z Meigh (CoS) 18:51; 198 H Buckell (West) 18:52; 199 A Mawson (O&R) 18:55; 200 J Sanderson (Morp) 18:55; 201 R O'Dell (Bed & Co) 18:55; 202 S Hill (C&S) 18:56; 203 T Cook (Bed & Co) 18:57; 204 O Carter (Stock) 18:59; 205 C Grundy (C'ley) 19:02; 206 R Steele (CoS) 19:02; 207 H Stubbs (Orion) 19:03; 208 M Roberts (Liv H) 19:04; 209 L Clarke (Hav M) 19:04; 210 K Edwards (West) 19:06; 211 S Chandler (Hors) 19:09; 212 J Stephens (S'port W) 19:09; 213 C Forrest (Morp) 19:10; 214 J Bird (Kett) 19:10; 215 H Richardson (Read) 19:10; 216 N Harbourne (Nun) 19:11; 217 C Phelps (T Sol) 19:11; 218 L Walland (Chelm) 19:12; 219 C Walker (C&S) 19:12; 220 E Becker (CoS) 19:14; 221 J Dumbrill (Dag 88) 19:16; 222 Sar Meeney (Hors) 19:18; 223 E Higson (RSC) 19:19; 224 M Mullet (C&S) 19:20; 225 S Burton (Tip) 19:21; 226 F Ahearn (RSC) 19:23; 227 E Cave (North P) 19:24; 228 K Spooner (Der L) 19:24; 229 L Beale (Hors) 19:25; 230 N McNamara (Camb H) 19:28; 231 H Dew (Read) 19:28; 232 B Turrell (C&S) 19:28; 233 Z Burnett (Winch) 19:29; 234 E Dale (Inv) 19:30; 235 N Darragh (Mand) 19:31; 236 G Savory (Ver) 19:31; 237 Birch-McMullon (Peter) 19:31; 238 E Osbourn (NSP) 19:32; 239 S Butcher (T Sol) 19:33; 240 C Hall (NSP) 19:33; 241 A Marsh (Newk) 19:33; 242 S Deacon (Hav M) 19:34; 243 L Dalby (Charn) 19:38; 244 A Rowsell (Hast) 19:39; 245 D Bushell (Ch&Ch) 19:41; 246 E Richardson (M&C) 19:42; 247 E Barfoot (Ports) 19:43; 248 L Davies (StHS) 19:44; 249 V Wilsher (Liv H) 19:48; 250 M Williams (C&S) 19:49; 251 S Singer (B'hth) 19:50; 252 S Kenny (Corn) 19:51; 253 C Whittaker (C&S) 19:51; 254 S Davies (Wok) 19:53; 255 A Hooper (West) 19:54; 256 C Farrington (S'port W) 19:54; 257 S Mitchell (Park) 19:56; 258 C Smith (Salf M) 19:59; 259 Sam Meeney (Hors) 19:59; 260 F Bateman (Bris) 20:00; 261 G Qualman (Winch) 20:00; 262 L Hardman (Salf M) 20:01; 263 S Lucy (Ver) 20:05; 264 F Barker (B'hth) 20:08; 265 T Delaney (O&R) 20:09; 266 H Woods (AFD) 20:10; 267 S Matthews (Wok) 20:13; 268 L Runnacles (Wyc P) 20:16; 269 J Bennett (Salf M) 20:17; 270 C Lankin (SB) 20:21; 271 G Fensome (Park) 20:22; 272 S Mills (RSC) 20:26; 273 R Sydney (O&R) 20:26; 274 F Anderson (Brack) 20:29; 275 V Harding (CoS) 20:31; 276 L Jones (IoW) 20:33; 277 N Parsons (Hali) 20:33; 278 E Stewart (Dag 88) 20:51; 279 M Beasley (Brack) 20:52; 280 R Mahoney (T Sol) 20:58; 281 M Pritchard (Wyc P) 21:00; 282 E Pritchard (Wyc P) 21:00; 283 E Willes (C'ley) 21:02; 284 L Hobbs (Durs) 21:09; 285 G Scott (Wyc P) 21:13; 286 K Thompson (Bris) 21:13; 287 C Brice (ESM) 21:14; 288 N Abdel-Aziz (ESM) 21:15; 289 S Roberts (CoS) 21:15; 290 L Andrews (Tip) 21:15; 291 T Bartley (West) 21:24; 292 G Bryan (VoA) 21:27; 293 S Atkins (Camb H) 21:32; 294 B Rutter (Brack) 21:33; 295 H Bagles (North P) 21:34; 296 C Evans (Rane) 21:39; 297 D Turner (Hali) 21:43; 298 J Monk (Bris) 21:50; 299 S Morrison (Hast) 21:51; 300 T Craig (Camb H) 21:52; 301 L Cave (Camb H) 21:56; 302 K O'Brien (Liv P) 21:58; 303 L Kenney (AFD) 22:14; 304 K Agnew (Hali) 22:29; 305 J Mackie (C'ley) 23:14; 306 A Kinder (Chesa) 25:31

TEAM: (unattached and non-counters are deleted before teams are calculated)
1 Aldershot Farnham & Dis AC 56 (10 G Greenfield, 12 N Newton, 15 J Goldsack, 19 A Hutchinson); 2 Shaftesbury Barnet 76 (9 S Stanmore, 21 S Eaton, 22 S Koehne, 24 J Anitier); 3 Liverpool H&AC 147 (14 L Michaelson, 29 J Mockler, 45 H Sefton, 59 C Dickinson); 4 Bristol AC 215 (23 K Reed, 39 S Herbert, 75 J Essex, 78 U Counsell)); 5 Invicta East Kent 239 (11 H Freeman, 32 D Jeffery, 71 L Clayton, 125 M Hayward); 6 Sale Harriers Manchester 252 (13 L Whittaker, 31 J Keene, 97 K Crewe, 111 L Todd); 7 Bedford & Co 281 (58 L Chapman, 65 J Rogers, 70 D Goff, 88 M Mayne); 8 City Of Stoke 286 (3 E Ward, 37 C Booker, 52 N Harding, 194 Z Meigh); 9 Royal Sutton Coldfield 313 (57 S Hasler, 77 N Woods, 86 K Jones, 93 J Alton); 10 Oadby & Wigston Legionaires 382 (55 C Simpkin, 81 N Messenger, 102 E Alcock, 144 G Jones); 11 Morpeth 433 (60 C Nisbet, 96 R Cummings, 131 S Ellison, 146 J Patterson); 12 Team Solent 435 (44 C Farris, 76 H Zenner, 138 S Stewart, 177 C Russell); 13 Derby L 451 (7 E Wheeler, 36 R Fletcher, 183 R Curley, 225 K Spooner); 14 Cannock & Stafford 512 (72 R Heathcote, 114 K Bullock, 147 L Ennis, 179 K Knight); 15 Northampton Phoenix 524 (48 D Glover, 68 C Harry, 184 L Davitt, 224 E Cave); 16 Verlea 545 (91 J Brooke, 99 J Clark, 122 L Cowley, 233 G Savory); 17 Blackheath 561 (47 K Lught, 73 G Viney, 193 H Barker, 248 S Singer); 18 Chelmsford AC 586 (49 L Winter, 137 K Robinson, 185 L Winter, 215L Walland); 19 Havering Mayesbrook 587 (38S Humphries, 104 L Cossey, 206 L Clarke, 239 S Deacon); 20 Tipton 593 (103 R Jones, 161 R Jablonski, 164 H Jones, 165 K Jones); 21 Wycombe Phoenix 604 (4 S Jarvis, 149 H Cunningham, 186 E Bennett, 265 L Runnacles); 22 Horsham Blue Star 606 (34 S Day, 145 S White, 208 S Chandler, 219 Sar Meeney); 23 North Shields Polytechnic 708 (109 V Gallagher, 127 C Taylor, 235 E Osbourn, 237 C Hall); 24 Ealing Southall & Middlesex 737 (33 R Malcom, 135 A Skinner, 284 C Brice, 285 N Abdel-Aziz); 25 Halifax H 755 (134 E O'Connell, 155 N Holt, 192 A Shaw, 274 N Parsons); 26 Westbury 942 (195 H Buckell, 207 K Edwards, 252 A Hooper, 288 T Bartley); 27 Bracknell 1016 (178 G Tillman, 271 F Anderson, 276 M Beasley, 291 B Rutter); 28 Cambrudge H 1112 (227 N McNamara, 290 S Atkins, 297 T Craig, 298 L Cave)

U13

1 Z Jelbert (N&P) 13:02; 2 K Searle (Hull Spr) 13:04; 3 C Moore (B'mth) 13:11; 4 O Hines (HW) 13:16; 5 B Johnson (Newk) 13:19; 6 J Palmer (W Norf) 13:21; 7 A Surtees (HW) 13:24; 8 K Hunter (NSP) 13:26; 9 L Cater (Mans) 13:27; 10 R Waller (Sale) 13:27; 11 J Pygall (Med) 13:30; 12 L Woodrow (Morp) 13:34; 13 J Socas (Harl) 13:35; 14 H Cutler (Bir) 13:35; 15 K Widdicks (North P) 13:37; 16 S Pickett (Hors) 13:39; 17 C Small (HW) 13:39; 18 S Kirby (Sale) 13:41; 19 T Sloper (Bir) 13:42; 20 L Boon (AFD) 13:42; 21 D Hughes (NSP) 13:43; 22 F Fullerton (Hav M) 13:43; 23 M Ross (Phoe) 13:44; 24 M Powell (W Gn) 13:45; 25 Z Rowsell (Hast) 13:46; 26 S Clark (Sale) 13:46; 27 S Pickering (C&S) 13:47; 28 L Vyse (Wok) 13:48; 29 H Whitmore (OWLS) 13:49; 30 H Pardon (Lut) 13:51; 31 L Hives (AFD) 13:53; 32 K Widger (Bris) 13:54; 33 K Rostron (Bury) 13:55; 34 L Pritchard (Liv H) 13:55; 35 V Turner (Brack) 13:56; 36 N Desai (Morp) 13:57; 37 D Daly (Scun) 13:57; 38 A Martin (Harl) 13:58; 39 L Rainey (Morp) 13:59; 40 A Wilshire (Bris) 14:00; 41 K Gunn (Phoe) 14:01; 42 Whittaker-Axon (AFD) 14:01; 43 D Woods (Sale) 14:03; 44 H Wilkinson (Liv P) 14:04; 45 C Byrne (S'port W) 14:04; 46 M Smith (Rug) 14:05; 47 F Summers (Bris) 14:07; 48 R Dow (Bris) 14:07; 49 C Higham (Liv H) 14:08; 50 L Richardson (Chor AC) 14:09; 51 A Bevan (Craw) 14:10; 52 M Booker (T Sol) 14:11; 53 M Grundy (Lut) 14:11; 54 N Howson (AFD) 14:12; 55 K Genders (C&S) 14:12; 56 E Hewitt (Wok) 14:16; 57 J Burns (Bas) 14:17; 58 F Deamer (West) 14:17; 59 S Ferguson (HW) 14:17; 60 J Janes (Mil K) 14:18; 61 K Worrall (Bed & Co) 14:19; 62 C Preston (Liv P) 14:19; 63 C Draper (Liv H) 14:20; 64 R Ricketts (O&R) 14:20; 65 A Elsden (Ips) 14:20; 66 C Hammett (BNM) 14:21; 67 E Bennett (Sale) 14:21; 68 L Claridge (Hav M) 14:22; 69 S Lynch (Bex) 14:23; 70 A Phelps (T Sol) 14:23; 71 M Hack (B'mth) 14:24; 72 E Adams (AFD) 14:26; 73 E Loughman (Hast) 14:27; 74 J Perkin (CoS) 14:28; 75 S Taylor (O&R) 14:28; 76 Marshall (T Sol) 14:30; 77 J Wass (SB) 14:30; 78 C Faulkner (North P) 14:31; 79 H O'Connor (StHS) 14:31; 80 B Frost (IoW) 14:32; 81 K Thornton (Salf M) 14:32; 82 A Massey (Nun) 14:32; 83 W Diamond (Leic C) 14:33; 84 V Rhodes (Sale) 14:33; 85 J Bullock (C&S) 14:34; 86 K Finch (North P) 14:35; 87 K Rutter (Mich) 14:36; 88 C Bleasdale (Rown) 14:37; 89 M Wright (Bury) 14:37; 90 E Barker (Salf M) 14:37; 91 G Breen (Liv H) 14:38; 92 H Nicholson (Winch) 14:39; 93 E Chivers (Bex) 14:39; 94 L Holland (Nun) 14:41; 95 M Booth (Der L) 14:41; 96 L Knight (C&S) 14:42; 97 C O'Brien (Liv P) 14:43; 98 S Woodrow (Morp) 14:44; 99 McQueen (F&C) 14:45; 100 S Duncan (Liv H) 14:46; 101 L Wise (CoS) 14:47; 102 C Bailey (Bury) 14:47; 103 L Deadman (Hav M) 14:48; 104 T Gluckman (Phoe) 14:49; 105 C Holroyd (O&R) 14:50; 106 L Fry (NSP) 14:50; 107 K Hughes (North P) 14:50; 108 A Perriss (Mil K) 14:51; 109 R Young (AFD) 14:51; 110 L Burgoine (Bed & Co) 14:51; 111 N Iliffe (Leic C) 14:52; 112 S Oldfield (Kett) 14:52; 113 A Nicholas (N&P) 14:52; 114 E Brathwate (Ver) 14:53; 115 F Powell (Hav M) 14:53; 116 H Cox (Bury) 14:53; 117 E Stevens (Der L) 14:54; 118 K Williams (Mich) 14:54; 119 K Thornton (Leic C) 14:54; 120 K Waugh (NSP) 14:55; 121 R Taylor (Phoe) 14:55; 122 M Williams (Liv H) 14:55; 123 E Cotterill (N&P) 14:56; 124 J Bennett (Sale) 14:56; 125 L Stepin (Winch) 14:56; 126 M Howell (Med) 14:57; 127 C Revens (C&S) 14:57; 128 S Workman (Bir) 14:57; 129 J Butler (Read) 14:58; 130 S Rylands (Mich) 14:58; 131 Mittens (Bris) 14:59; 132 A Cock (Bed & Co) 14:59; 133 M Jessop (Mil K) 15:00; 134 L Turner (Bury) 15:00; 135 E Watts (S Hamb) 15:01; 136 L Davenport (StHS) 15:03; 137 R Strutt (SWRR) 15:03; 138 C Dale (Inv) 15:04; 139 C Watts (Phoe) 15:04; 140 N Mann (Camb H) 15:05; 141 A Batchelor (Dev) 15:05; 142 A Coombs (RSC) 15:05; 143 G Hurford (H&W) 15:06; 144 S Brough (SNH) 15:07; 145 J Button (SB) 15:07; 146 S Molyneaux (Rad L) 15:07; 147 A Webb (Leic C) 15:08; 148 J McNally (StHS) 15:08; 149 R Turner (SB) 15:09; 150 A Scott (Hors) 15:09; 151 C Walker (Leic C) 15:09; 152 S Taylor (O&R) 15:10; 153 H Mottram (Bas) 15:10; 154 A Gavin (RSC) 15:10; 155 S Riley (Bury) 15:11; 156 C Salter (Ver) 15:11; 157 C Watson (Winch) 15:12; 158 C Davis (ESM) 15:13; 159 R Buckley (AFD) 15:14; 160 T Hutchinson (SB) 15:16; 161 M Savory (Ver) 15:16; 162 R Stanford (Ports) 15:17; 163 Z Hulme (E Ches) 15:17; 164 R Pais (ESM) 15:18; 165 AN Other 15:19; 166 K Willis (Morp) 15:20; 167 K Jeffery (GEC) 15:20; 168 H Court (Dac) 15:22; 169 H Franks (Leic C) 15:22; 170 E Clarke (B'hth) 15:23; 171 H Gardner (Ex L) 15:23; 172 J Clark (West) 15:25; 173 T Gill (AFD) 15:26; 174 G Rose (Dorch) 15:27; 175 C Longley (GEC) 15:27; 176 N Barty (Med) 15:27; 177 H Atherton (O&R) 15:28; 178 K Thompson (Salf M) 15:28; 179 L Caple (Der L) 15:29; 180 H Thompson (Padd W) 15:29; 181 R Corkett (Bed & Co) 15:30; 182 C Beckett (Mil K) 15:30; 183 Eaton (Wimb) 15:31; 184 E O'Connor (M&C) 15:32; 185 AN Other 15:33; 186 R Harbourne (Nun) 15:33; 187 E Bugler (B'hth) 15:34; 188 A Draper (Liv H) 15:37; 189 J Headley (HW) 15:38; 190 A Dolphin (Stock) 15:39; 191 S Bell (Park) 15:39; 192 J Prickett (Chich) 15:39; 193 D McDonald (Bury) 15:40; 194 S Bailey (RSC) 15:43; 195 D Thomas (Stock) 15:44; 196 R Coughlan (Park) 15:45; 197 S Juet (Ver) 15:46; 198 R Ost (North P) 15:47; 199 S Glover (North P) 15:47; 200 R Kingdon (Padd W) 15:48; 201 L Monday (B&H) 15:50; 202 L Geoghegan (Leic C) 15:54; 203 A Chilvers (Mich) 15:55; 204 C Parsons (GEC) 15:55; 205 D Evans (C&S) 15:55; 206 C Moss (Bed & Co) 15:57; 207 Reb Ricketts (O&R) 15:57; 208 R Spinks (Liv P) 15:57; 209 K Tuck (IoW) 15:59; 210 C Reeves (Bex) 16:00; 211 S Harvey (Winch) 16:01; 212 H Miller (Mass F) 16:02; 213 D Chambers (Hav M) 16:03; 214 M Dimmock (Bas) 16:04; 215 C Bristow (B&H) 16:05; 216 N Shaw (Mich) 16:05; 217 J Hopkinson (Newk) 16:07; 218 J Dowling (Liv P) 16:07; 219 K Roberts (Nun) 16:10; 220 J Fennell (Padd W) 16:11; 221 A Hughes (Rane) 16:12; 222 K Brown (Mand) 16:12; 223 K Valk (Havant) 16:13; 224 A Leakey (Bed & Co) 16:13; 225 S Rogerson (StHS) 16:14; 226 A McClean (O&R) 16:15; 227 J Reeves (Bex) 16:15; 228 L Sullivan (Ver) 16:16; 229 S Foster (Mand) 16:16; 230 A Blackmore (Peter) 16:18; 231 R Baker (Nun) 16:20; 232 L Finch (Nun) 16:21; 233 H Barker (Mand) 16:23; 234 R Hines (Winch) 16:28; 235 C Harris (Leic C) 16:31; 236 J Solieri (Ver) 16:33; 237 C Jackson (C&S) 16:33; 238 E Mowle (IoW) 16:35; 239 R Britton (Tip) 16:36; 240 A Tingay (SB) 16:36; 241 R Sudders (M&C) 16:37; 242 K Bowell (Mass F) 16:37; 243 L Flook (Bris) 16:38; 244 C Stack (Newk) 16:39; 245 K Mottram (Bas) 16:40; 246 K Wood (E Ches) 16:43; 247 C Shepherd (Havant) 16:44; 248 J Langley (ESM) 16:47; 249 S Maddams (Kett) 16:50; 250 S Newton (AFD) 16:51; 251 J Boden (Tip) 16:51; 252 A Raisey (B'hth) 16:53; 253 S Purvis (Ports) 16:55; 254 G Jones (Der L) 16:55; 255 N Stewart (T Sol) 17:00; 256 S Littlejohn (West) 17:03; 257 E Terry (S'port W) 17:03; 258 K Ross (Tip) 17:05; 259 L Watson (Wok) 17:08; 260 L Jackson (Harl) 17:11; 261 C Clarke (HW) 17:12; 262 R Simmons (Bed & Co) 17:14; 263 C Barker (Read) 17:16; 264 K Bull (Hav M) 17:16; 265 A George (Phoe) 17:17; 266 L Ditchburn (HW) 17:18; 267 A Munro (Newk) 17:20; 268 J Trumper (Padd W) 17:22; 269 S Williams (CoS) 17:24; 270 H Anderson (Brack) 17:29; 271 S Ockenden (C'ley) 17:31; 272 C Willbye (Newk) 17:36; 273 H Thomas (W Gn) 17:37; 274 L Tomlin (Bas) 17:40; 275 R Skellett (B'mth) 17:42; 276 K Webb (Nun) 17:48; 277 S Ellis (Havant) 17:51; 278 S Davies (B'mth) 17:57; 279 R Garvey (StHS) 18:02; 280 C Whyatt (O&R) 18:03; 281 L Darnell (C'ley) 18:03; 282 L Cole (Read) 18:04; 283 N Josephson (Ch&Ch) 18:04; 284 C Webb (Leic C) 18:07; 285 C Wrigley (Salf M) 18:12; 286 C Kershaw (Stock) 18:30; 287 A Criddle (Winch) 18:32; 288 J Darlington (Ports) 18:36; 289 S Holmes (Padd W) 18:40; 290 L Fisher (VoA) 19:19; 291 E Jeffrey (Read) 19:21; 292 L Haden (Tip) 19:35; 293 R Hanson (Tel AC) 20:07

TEAM: 1 Hercules Wimbledon 87 (4 O Hines, 7 A Surtees, 17 C Small, 59 S Ferguson); 2 Sale Harriers Manchester 97 (10 R Waller, 18 S Kirby, 26 S Clark, 43 D Woods); 3 Aldershot Farnham & Dis 147 (20 L Boon, 31 L Hives, 42 Whittaker-Axon, 54 N Howson); 4 Bristol 167 (32 K Widger, 40 A Wilshire, 47 F Summers, 48 R Dow); 5 Morpeth 185 (12 L Woodrow, 36 N Desai, 39 L Rainey, 98 S Woodrow); 6 Liverpool H&AC 237 (34 L Pritchard, 49 C Higham, 63 C Draper, 91 G Breen); 7 North Shields Poly 255 (8 K Hunter, 21 D Hughes, 106 L Fry, 120 K Waugh); 8 Cannock & Stafford 263 (27 S Pickering, 55 K Genders, 85 J Bullock, 96 L Knight); 9 Northampton Phoenix 286 (15 K Widdicks, 78 C Faulkner, 86 K Finch, 107 K Hughes); 10 Phoenix AC 289 (23 M Ross, 41 K Gunn, 104 T Gluckman, 121 R Taylor); 11 Havering Mayesbrook 308 (22 F Fullerton, 68 L Claridge, 103 L Deadman, 115 F Powell); 12 Bury AC 340 (33 K Rostron, 89 M Wright102, C Bailey, 116 H Cox); 13 Oldham & Royton 396 (64 R Ricketts, 75 S Taylor, 105 C Holroyd, 152 S Taylor); 14 Liverpool Pembroke & Sefton 409 (44 H Wilkinson, 62 C Preston, 97 C O'Brien, 206 R Spinks); 15 Team Solent 451 (52 M Booker, 70 A Phelps, 76 Marshall, 253 N Stewart); 16 Leicester Coritanian 460 (83 W Diamond, 111 N Iliffe, 119 K Thornton, 147 A Webb); 17 Milton Keynes 482 (60 J Janes, 108 A Perriss, 133 M Jessop, 181 C Beckett); 18 Bedford & Co 483 (61 K Worrall, 110 L Burgoine, 132 A Cock, 180 R Corkett); 19 Shaftesbury Barnet 531 (77 J Wass, 145 J Button, 149 R Turner, 160 T Hutchinson); 20 Michelin 536 (87 K Rutter, 118 K Williams, 130 S Rylands, 201 A Chilvers); 21 Nuneaton 577 (82 A Massey, 94 L Holland, 184 R Harbourne, 217 K Roberts); 22 Winchester & D 583 (92 H Nicholson, 125 L Stepin, 157 C Watson, 209 S Harvey); 23 St Helens & Sutton 586 (79 H O'Connor, 136 L Davenport, 148 J McNally, 223 S Rogerson); 24 Bexley 595 (69 S Lynch, 93 E Chivers 208 C Reeves, 225 J Reeves); 25 Bournemouth 623 (3 C Moore, 71 M Hack, 273 R Skellett, 276 S Davies); 26 Verlea AC 626 (114 E Brathwate, 156 C Salter, 161 M Savory, 195 S Juet); 27 Salford Mets 631 (81 K Thornton, 90 E Barker, 177 K Thompson, 283 C Wrigley); 28 Derby L 642 (95 M Booth, 117 E Stevens 178, L Caple, 252 G Jones); 29 Basildon 665 (57 J Burns, 153 H Mottram, 212 M Dimmock, 243 K Mottram); 30 Newark 727 (5 B Johnson, 215 J Hopkinson, 242 C Stack, 265 A Munro); 31 Paddock Wood 861 (179 H Thompson, 198 R Kingdon, 218 J Fennell, 266 J Trumper); 32 Reading 959 (129 J Butler, 261 C Barker, 280 L Cole, 289 E Jeffrey); 33 Tipton 1032 (237 R Britton, 249 J Boden, 256 K Ross, 290 L Haden).

Athletics Weekly **Comment**

Vote for purse strings

THE future of athletics as we know it will be decided at Birmingham University on Saturday.

One vote in particular at the British Athletic Federation annual general meeting amounts to a vote of confidence in the current hierarchy. No, not the battle between Eric Shirley and Alan Warner for the vice-chairman's seat – but the argument over whether areas and Celtic nations should be allowed to negotiate their own television and sponsorship deals.

Those who hold the purse strings will control the sport.

And if the South of England AA's proposal wins the day, it will amount to a giant step back to the pre-BAF era when 30 or more organisations claimed to run athletics. The vote will also gauge the number of cynics who say not one organisation runs the sport now.

TREVOR FRECKNALL, News Editor

Staines awarded

FURTHER to Gary Staines' letter (February 19), there was clearly a misunderstanding regarding course details for the recent 26.2 RRC 10km.

They are sent to entrants prior to the event and are also available at the race. This was the second occasion the two-lap course has been used.

The organising commitee has, however, recognised the points made by Gary and has now made awards for 'beating the course record'.

RON HOARE
Club Chairman, 26.2RRC

THE WEEK THAT WAS

30 years ago

MARCH 11, 1967

■ FIVE New Zealanders finished in the first 15 at the English National, won by Coventry's Dick Taylor from Scotland's Lachie Stewart. Mike Tagg (junior) and Tony Simmons (youth) were also victorious at Norwich.

20 years ago

MARCH 12, 1977

■ BRENDAN FOSTER achieved his dream of winning what he described as 'the greatest cross country race in the world' when he clinched the English National at Parliament Hill. Scotland's Nat Muir took the junior title with Mick Morton winning the youth race.

■ GLYNNIS PENNY won the Women's National at Stoke, beating Ann Ford by six seconds.

10 years ago

MARCH 14, 1987

■ BEV KINCH said she'd never run for Britain again following her non-selection for the inaugural World Indoor Championships.

Britain's only medal at the championships in Indianapolis went to Welsh hurdler Nigel Walker who took bronze ahead of Colin Jackson.

Points of view: Channel 4's Bupa Grand Prix TV coverage

NEVER before have I witnessed such disappointing athletics coverage.

With the exception of the final laps of the men's 3000m and two high jump performances, the coverage consisted entirely of sprints and endless chatter with Colin Jackson.

John Mayock's British record was given an all-too-brief mention, and as for editing out Donna Fraser's 200m performance, whatever next?

HEATHER FISHER
Dover, Kent

I HOPE future broadcasts are a vast improvement on what can only be described as a shambles.

Apart from the camera angles which made it impossible to follow a race, I would rather watch the action they missed as opposed to endless interviews.

If this is the best Channel 4 can do, athletics will die a slow death.

MR D MANSFIELD
Solihull, West Midlands

THE whole programme was a disjointed piece of broadcasting with poor commentary and too many long-winded interviews.

Why can't the programme be structured so at least one triple jump and pole vault is shown?

S DEVINE
Liverpool

DETAILED scrutiny of the video revealed the following: athletics action 7min 40sec; pre-race preparation 13min; post-race replays/interviews 13min 50sec; features on 'great British hopes' 8min 10sec; idle chatter 6min 10sec; Linford Christie in Australia 50sec; adverts 4min 50sec – total 54min 30sec.

Seven minutes 40 seconds is a pretty meagre ration of athletics, especially as two minutes 50 seconds of that was four solo laps by Moses Kiptanui.

A ROBERTSON
Glasgow

A RACE has three main parts – the start, the race and the finish. Channel 4 managed to miss all three with their poor camera angles.

MIKE BUNDY
Grantham

I'M AMAZED by the lack of foresight and reality that exists in our sport.

It reminds me of the 'old farts' debate in rugby. Sport is business and the sooner we realise it the better. We have to market ourselves, which may mean changing a little.

Let's help Channel 4 rather than criticise.

M BLACKIE
Poynton, Cheshire



Letter of the week

The best letter wins a pair of New Balance running shoes new balance

Race winner treated as if he hadn't competed

I PICKED up my copy of *AW*, (March 5) to find my name erased from the results of the Keith Williams 10.

I won in 56:51 but received no prize because of entering on the day. At the award ceremony the race organiser merely muttered my name and time before declaring the winner of the first prize. Now insult has been added to injury as I discover I've been ignored in the results.

I realise entering on the day has become a contentious issue and understand why certain organisers dissuade such entries. But in this instance I'd already entered two other races in four weeks and it was only two days before the event I could tell whether I had the time and energy to travel 120 miles to Anglesey. I paid my £1 extra, hardly expecting to be treated as if I hadn't run.

MARTIN PADGET
Llanddeiniol, near Aberystwyth

Start Events race was a total farce

I HAVE just witnessed a race which became a total fiasco – the Lincoln Half-marathon.

Of the first 20 finishers, half came from totally different directions due to the lack of marshals at strategic positions. Runners at the rear of the field found marshals absent and therefore made their own way to the finish.

This meant runners could not be sure whether they'd run one mile too far or one mile too short, so the results are of no significance.

Lincoln clubs were not involved with this attempt to stage a race, it was solely down to Start Events of North Yorkshire, and I hope the runners who took part will not dismiss other runs that take part in Lincoln.

Organisers like this give athletics a bad name.

DEAN HOULTON
Lincoln Wellington

Letters to the editor

■ VIEWS expressed on *Athletics Weekly's* letters page do not necessarily reflect the views of the editor or staff. *Athletics Weekly* reserves the right to edit letters.

IN BRIEF

MIKE WOOD DIES
MIKE WOOD of Salford Harriers died in a road accident on March 1. Aged 55, he was a member of Rochdale Harriers in the early 1980s – a lively, outgoing character who will be remembered for his road race promotions in the mid '80s, says Andy O'Sullivan BEM, a former clubmate.

LUCOZADE DEAL
RUNNERS and spectators at the Yellow Pages Reading Half-marathon on Sunday (10am, wheelchairs 9.55am) will be given Lucozade Sport drinks and a chance to win 50 pairs of tickets to the Securicor Games in Sheffield on June 29. It's all part of a promotion by Lucozade Sport, the official sports drink of the BAF.

SOUTH AWARE
A DISABILITY awareness day for interested coaches in the south-east is being held at Crawley Leisure Centre on Saturday. The programme will feature a mix of practical and classroom sessions led by Tanni Grey and Richard Simmons. The day is free thanks to support from BT Information, and application forms are available from Simmons on 0181-7766368.

BOSSES' NIGHT
A TEAM managers' training seminar is being held at South Leeds Stadium, Leeds, on April 4 (7pm-9.30pm) in preparation for the new track and field season. Topics will include pre-season planning, 'On the day' and 'Dealing with problems'. Cost: £2. Inquiries to John Temperton on 0113-2461835.

SETTING PACE
BAF Pacesetter II courses are being staged at Bedford Stadium on April 19/20 and Bishop David Brown School, Albert Road, Woking and Woking athletics track on May 3/4. The cost, £30 (cheques made payable to SEAA Ltd), includes manuals. Applications should be made to Angela Littlewood, South of England AA development officer, 19 Marlborough Lane, Charlton, London SE7 7DE (tel: 0181-8569482).

South dialling for TV victory

By Trevor Frecknall

THE South of England AA is trying to dial its way to victory in the battle over the 'hi-jacked' IAAF Grand Prix meeting.

The SEAA is furious that the British Athletic Federation is taking the top track and field meeting traditionally held at Crystal Palace to Sheffield – especially at a time when a major campaign is being fought to keep athletics at the Palace.

So SEAA officials are trying to telephone all 600-plus clubs in its massive area, urging their support at Saturday's BAF annual meeting.

The battleground is an SEAA proposal to the meeting that national and regional associations should be allowed to conduct their own television and sponsorship deals for meetings not covered by BAF contracts.

This happened, in effect, for last Saturday's English National Cross Country Championships. A deal worked out for the English Cross Country Association with Sky TV by Nova International was rubber-stamped by BAF even though it was not negotiated as early as demanded by the existing rules.

But the BAF Management Board fears the SEAA proposal would do "irrevocable damage" to the sport's fragile finances by creating a free-for-all.

The problem is, the Crystal Palace meeting has traditionally financed SEAA assistance to clubs – and, as a side issue, many diehards did not like Channel 4's presentation of the BUPA Indoor Grand Prix.

SEAA secretary Eric Nash said last week: "We don't want to put the sport into disarray but it gets to the point where you have to say: 'Enough is enough.' Many people take the attitude: 'I don't want to see athletics on Channel 4 – I want it to be presented properly."

Confirming SEAA was trying to phone all its clubs urging them to vote for TV negotiations for all, Nash added: "It's a huge job but we are soliciting their votes because we are going to help them.

"It's not just the South. The same applies to other areas which have seen their levels of income fall in recent years.

"I hope they don't just say they will support us, but actually send their votes in support of us."

Pay day looms for the hard-up Welsh

MEMBERS of clubs affiliated to the AA of Wales can expect to pay to compete from April 1.

In recent years, the AAW has spent more on its activities than it has raised in income.

Two previous attempts at raising funds from athletes – the competition scheme and the athlete levy – have either been rejected or not supported by a significant number of member clubs.

The stark result: the AAW faces possible bankruptcy in the next 18 months unless a major new source of income is established.

As a last resort to put the association back on a proper financial footing, AAW treasurer Keith Matthews has opted for a registration scheme.

■ **Phase one** starts on April 1. Athletes who belong to affiliated clubs and who wish to compete in county and/or national championships or league competitions in Wales will be expected to register with AAW.

This will be done via the club membership secretary and will involve the payment of an additional fee: U11 £2 per year; 11-17 years £5; over 17 £10.

Once the fee has been paid, athletes will be issued with a copy of their registration form to keep as proof of their right to compete until their plasticised registration card arrives from the AAW.

■ **Phase two** will require athletes to register to compete in all open competitions in Wales.

At a conservative estimate based on 2000 over-17s and 2000 U17s paying fees, the scheme could raise at least £30,000. But the treasurer has admitted: "There are likely to be teething problems in the early days and the full financial benefits will not be felt for some time.

"Eventually it is intended that registered athletes will have benefits – an insurance scheme, free entry to championships, and possible assistance with medical fees have all been mooted, but these may not be available in the early stages."

Officials and coaches will also be expected to register but will not have to pay a fee.

Run with the stars

MANY leading athletes have already committed themselves to the Welsh Games being staged by the AA of Wales in Cardiff on Saturday May 31.

Among them are Jamie Baulch, Frankie Fredericks and John Regis – plus, of course, Colin Jackson, who is again helping to organise the event.

Jackson is also hoping for a positive response from Merlene Ottey, who is keeping her retirement plans a teasing secret from her many British supporters.

Any international class athlete (equivalent to UK ranked top six or seven) who wishes to be considered for the meeting should send details of name, address, telephone number and PB for 1996 to the meeting director, Gwilym Evans, 18 Bron y Bryn, Killay, Swansea SA2 7NP (tel: 01792-299454).

BAF urged to find cash for developers

THE British Athletic Federation is being urged to think again about its decision to, in effect, kill off athletics development officers in the South of England.

Ten counties have benefited in recent years from BAF teaming up with the South of England AA and local authorities to finance ADOs on three-year contracts.

Now the sport's money has dried up, the work of the ADOs is being passed on to local authority sports development officers who are being wooed more aggressively by other sports such as basketball, hockey and rugby union.

But former Somerset ADO Elspeth Linford has written to BAF, enclosing a detailed report of her successes and urging a rethink on resources.

She says: "Athletics has so much to offer and I firmly believe development officers are the forgotten links that could help develop the infrastructure if they were given more of a chance. Three years is not long enough to do justice."

Pointing out local authorities in Somerset spent over £85,000 on the grass roots in her three years, she adds: "Our local authorities are only too willing to continue to be contributing partners. With competition from so many other sports, athletics cannot afford to be complacent."

Radford departure date

PETER RADFORD will depart his desk at the British Athletic Federation at the end of next month.

But he will remain available for advice for a further two months, until the end of June.

The timescale has been agreed mutually by the BAF Management Board and Radford, who stunned the sport by announcing in mid-January he was leaving the post of executive chairman to work at Brunel University.

Under his contract, he could have been asked to work a year's notice.

The Management Board has met frequently in the past two months to decide how to restructure BAF's professional staff and will be putting recommendations to the Council meeting that follows Saturday's annual meeting at Birmingham University.

The board was further encouraged to start with a clean sheet when finance director Steve Gledhill handed in three months' notice, which expire this month, before he takes up a bigger job in the commercial world.

But the board is anxious that Council, with its contentious factions, has its full say in how the new structure evolves.

The cross challenge is on!

A BRITISH Cross Country Challenge Series – first suggested in *AW* 18 months ago – should be up and running next winter.

A working committee representing the different regions of BAF has unanimously agreed to the proposals.

And Reebok will be the title sponsor, agreeing that a series is likely to encourage Britain's top seniors andjuniors to compete against each other more regularly, thus increasing the profile of cross country running and the quality of its participants.

BAF events promotions assistant Peter Hier, having 'sold' the concept to the regions, will now meet directors of the key meetings, which are:

- Mike Sully Memorial at Bristol
- South of England AA International at Margate
- Safeway International at Gateshead
- CAU Inter-Counties Championships at Luton
- New event in Birmingham (to test the sport's ability to attract a crowd to a city centre venue)
- BAF World Trials at a venue to be decided.

The intention is that all of the meetings include races for all age-groups and not just seniors and juniors as happens with a successful series in Belgium which inspired the idea.

Happy 90th birthday to inspirational Jack Holden

JACK HOLDEN, the greatest British athlete for all seasons, celebrates his 90th birthday tomorrow.

He's survived three major operations in the last 10 months, is waiting to hear whether surgeons are prepared to operate on a dodgy knee – and is still as sharp in the mind as when he joined Tipton Harriers as a 19-year-old in 1925.

Holden's lifetime achievements – starting with a dead-heat for the Staffordshire cross country title in 1930 and ending with victory in the European Games marathon in 1950 – stretched through at least 75 gold medals at county, regional, national and international level.

All that was missing was an Olympic title. He had to drop out of the 1948 marathon with severe blisters.

But when he looks back now, he has no doubt about his greatest achievement – his European marathon win in Brussels in the summer of 1950, a few months after he won the British Empire (now Commonwealth) Games title in New Zealand.

The reason? "So many things went wrong and I overcame them all," he recalls.

Primarily, one of his drinks bottles was dropped and, as it smashed on the pavement, GB team manager Jack Crump took the other two and broke them, too. "I ran 26 miles without a drink or a sponge," says Holden.

But he turned it to his advantage: "A Russian came up to my shoulder and there must have been a lot of Communists in Belgium because he had a lot of support. But I didn't let him get away. And when his hand went out for his bottle at the last drinks station, I made my move ... I never saw him again.

"I was a devil for psychology, you know!

"At the medals ceremony, I got talking to one of the Finns who'd finished behind me. He asked me how old I was and when I told him I was 43, he said I was the same age as his father."

And Holden reveals he broke the world 30-mile track record "out of spite, really" after being dropped from the GB team shortly afterwards.

After he had clocked three hours no minutes 16-and-four-fifths seconds, statistician Harold Abrahams worked out he had run 480 yards over-distance!

Holden explains: "The old White City track was so badly in need of repair, the inside lane was full of puddles and holes. So I ran all 120 laps in lane two – and still finished out of sight of the rest."

These are just some of the achievements of the gardener who used to stroll into changing rooms before a race and say to his rivals: "Take a close look at the front of this vest – you won't see it again today."

He won 75 gold medals at major levels on the country, track and road ... and now he has even written the best epitaph an athlete could expect: 'I did what I wanted to do'

- **Cross country: Inter-Counties champion a record four times (1931, '32, '33, '36); English National champion three times (1938, '39, '46); International (now World) champion a record four times (1933, '34, '35 and '39) and runner-up in 1932 and '36**
- **Track: AAAs six-mile champion 1933, '34 and '35 and 10-mile champion 1934; world 30-mile track record-holder (3:00:16.8) at age 43**
- **Road: AAA marathon champion 1947, '48 and '49; the oldest winner of British Empire Games and European marathon titles in 1950, aged 43.**

But ask him for advice for the present generation and the man who did it all his way becomes coy: "I really and truly wouldn't like to advise anybody. You see, I did what I wanted to do."

Which, when you think about it, is the best epitaph anyone could wish in this sport in which self-motivation is king.

World's Best Stat Pack

A worthy successor



WHAT is the bigger prize: a gold medal or a world record? The argument goes that records are made to be broken, whereas a gold medal is forever.

The title which goes with the gold, however, does not last long; there are always new champions. Yet some world records remain for decades.

Today, where a global title is on offer in three out of every four years, the lustre of a world record is enhanced. At an Olympic Games or World Championships, there could be more than 50 gold medallists.

World records do not fall as frequently; when they do, the impact is enormous. Promoters go to extraordinary lengths and costs to help a record to be set at their meetings. The relentless setting of new records in athletics is a signal of progress which other sports must envy.

Throughout the winter, *Athletics Weekly* is taking a close look at the men and women who are the current world record-holders. In this series we describe their performances, detail their biographies and trace the progress of the records since ratification began.



NO ONE expected a world record – and Jürgen Schult wanted to spend the day in bed. It was a routine qualification meeting for the European Championships in Stuttgart and the GDR's best discus men were gathered to do battle.

But significantly on an overcast afternoon, there was a strong headwind blowing into the discus circle.

The East German disc men were all hoping to become worthy successors to Wolfgang Schmidt, who set a world record (71.16m) in 1978 before being denounced by the GDR's Stasi (secret police) for his "decadent western views," stripped of his privileges and imprisoned.

The early rounds were fairly humdrum by East German standards. Schult, 26 and a member of the SC Traktor Schwerin club, throwing last, reached 67.20 to assume the lead. Still perfecting a new technique, he fouled his next two efforts. And then the fireworks started.

Armin Lemme, 31, the European Cup winner in 1981, spun his fourth round throw to 67.76 and the pressure was suddenly on Schult. It was 5:10pm when he entered the circle for his fourth throw.

He told top German sportswriter Eberhard Bock: "The requirements were not there for a good competition. I had thrown 67.18 two days earlier at a minor meeting in Schwerin, but I had problems with a finger on my throwing hand. I had been repairing one of my son's toys and cut my finger. So I was not expecting to throw much beyond 67m until the finger healed.

"It was a cloudy day and I would have preferred to have stayed in bed. But I knew it was an important qualification meeting and that I had to compete. The grass was wet and the ring slippery, but I had a good feeling about the competition as I was warming up. Without rotation I threw 55m and using two turns threw 67. That was promising, but there was no way I was thinking about world record distances.

"Then Lemme surpassed me on the fourth round. That fired me up and really gave me some motivation. I wound up and threw and when the discus left my hand it was a wonderful feeling.

"It flew straight out and up with a higher degree of flight than usual. It stayed up on a gust of wind then rolled over to a 45° angle after around 60 metres and kept on going before falling vertically to earth.

"I saw it was beyond the 70m line and became quite excited. To throw beyond 70 was one of the aims of my life. I couldn't see the electronic measurement on the board, but I heard the announcement "74!" I thought – "71.74, a GDR record. I've finally overtaken Schmidt." Then I saw the judges getting out a steel tape to check the measurement and realised it could be better still. It was – 74.08. Crazy! A world record!"

Schult was mobbed by competitors, judges, journalists and television staff. Luckily the throw had been caught on tape by cameramen working for the DHfK, a physical education team in Leipzig who often filmed

Biography

JÜRGEN SCHULT (Germany) was born in Neuhaus/Kreis Hagenow on May 11, 1960. He is 1.93m tall and weighs 110kg

Personal bests
SP: 17.45 (1982)
DT: 74.08 (1986, world record)

Biographical summary
1988 Olympic and 1987 World champion ... 1992 Olympic silver ... world record-holder since 1986 ... in top six at all five World Championships (83 fifth, 87 first, 91 sixth, 93 third, 95 fifth) ... 1990 European champion (86 seventh and 94 third) ... 1989 World Cup winner ... 1983 and 1989 European Cup winner ... unbeaten in 1988 and 1989 ... eight times GDR champion ... 1979 European Junior champion .... fluent in English and Russian.

World record result

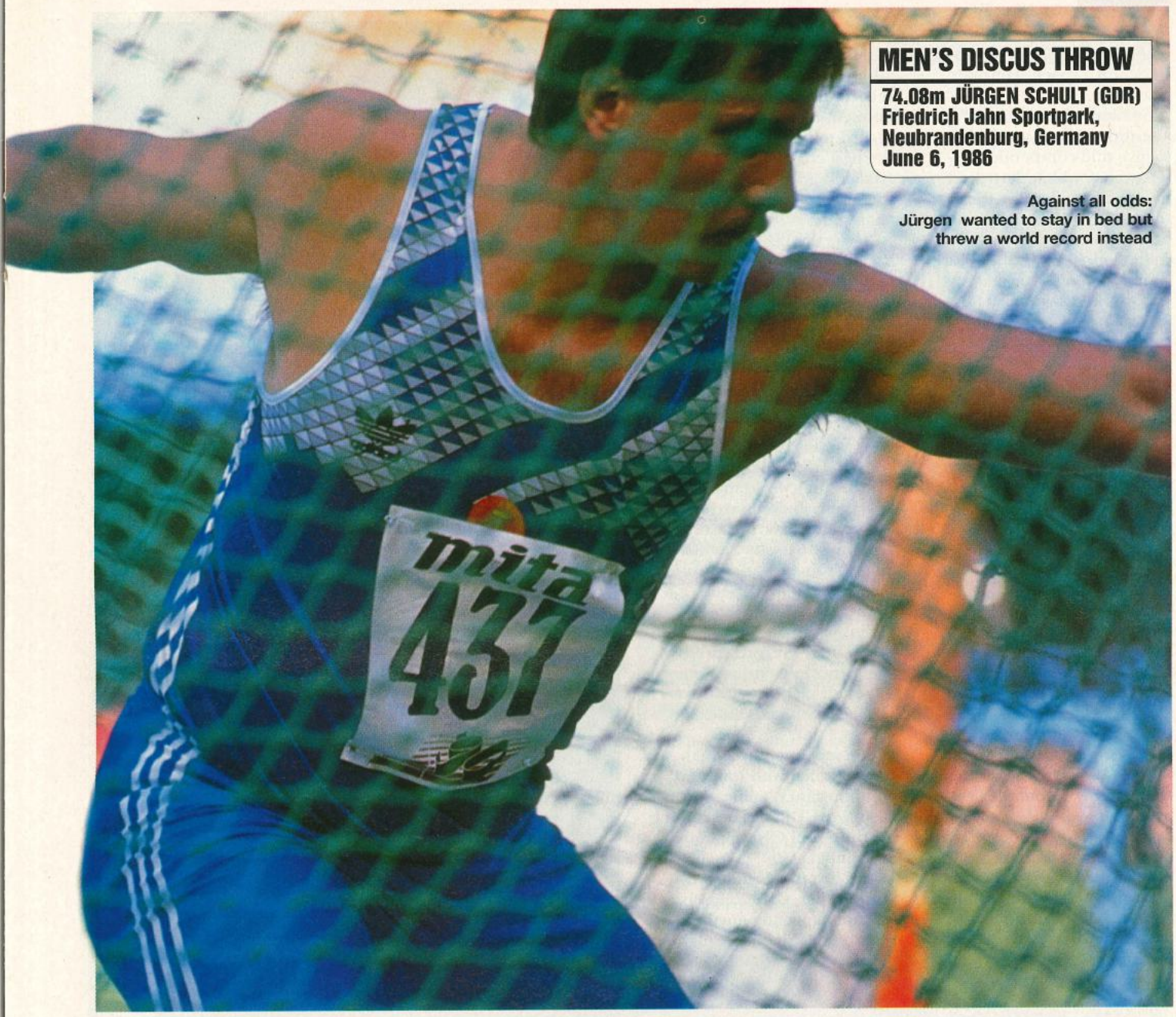
Neubrandenburg, June 6, 1986

1	Jürgen Schult	GDR	74.08*
2	Armin Lemme	GDR	67.76
3	Andreas Becker	GDR	64.16
4	Lutz Friedrich	GDR	61.00
5	Dietmar Krause	GDR	56.74
6	Gerö Lautsch	GDR	56.08
7	Gunnar Kiessling	GDR	54.36
8	Jörg Gatzsch	GDR	54.36
9	Frank Tunger	GDR	50.48
10	Falk Treiber	GDR	48.14
11	Jens Rübesam	GDR	47.96

*(67.20, x, x, 74.08, x, p) world record

Jürgen Schult in 1986

May 5	64.08	2	Sofia
May 31	66.20	1	Jena
Jun 4	67.18	1	Schwerin
Jun 6	74.08	1	Neubrandenburg (world record)
Jun 12	65.28	1	Potsdam
Jun 21	65.46	3	Tallinn/USSR v GDR
Jul 3	64.84	1	Jena/GDR Championships
Aug 16	64.90	1	Dresden
Aug 30	61.06	Q	Stuttgart/European Championships
Aug 31	64.38	7	



MEN'S DISCUS THROW

74.08m JÜRGEN SCHULT (GDR)
Friedrich Jahn Sportpark, Neubrandenburg, Germany
June 6, 1986

Against all odds: Jürgen wanted to stay in bed but threw a world record instead

Ratified world records

47.58	James Duncan USA	New York	May 27 1912
47.61	Thomas Lieb USA	Chicago	Sep 14 1924
47.89	Glenn Hartranft USA	San Francisco	May 2 1925
48.20	Bud Houser USA	Stanford	Apr 3 1926
49.90	Eric Krenz USA	Stanford	Mar 9 1929
51.03	Eric Krenz USA	Stanford	May 17 1930
51.73	Paul Jessup USA	Pittsburgh	Aug 23 1930
52.42	Harald Andersson SWE	Oslo	Aug 25 1934
53.10	Willi Schröder GER	Magdeburg	Apr 28 1935
53.26	Archie Harris USA	Stanford	Jun 20 1941
53.34	Adolfo Consolini ITA	Milan	Oct 26 1941
54.23	Adolfo Consolini ITA	Milan	Apr 14 1946
54.93	Robert Fitch USA	Minneapolis	Jun 8 1946
55.33	Adolfo Consolini ITA	Milan	Oct 10 1948
56.46	Fortune Gordien USA	Lisbon	Jul 9 1949
56.97	Fortune Gordien USA	Hämeenlinna	Aug 14 1949
57.93	Simeon Iness USA	Lincoln	Jun 20 1953
58.10	Fortune Gordien USA	Pasadena	Jul 11 1953
59.28	Fortune Gordien USA	Pasadena	Aug 22 1953
59.91	Edmund Piatkowski POL	Warsaw	Jun 14 1959
59.91	Rink Babka USA	Walnut	Aug 12 1960
60.56	Jay Silvester USA	Frankfurt-am-Main	Aug 11 1961
60.72	Jay Silvester USA	Brussels	Aug 20 1961
61.10	Al Oerter USA	Los Angeles	May 18 1962
61.64	Vladimir Trusenyov URS	Leningrad	Jun 4 1962
62.45	Al Oerter USA	Chicago	Jul 1 1962
62.62	Al Oerter USA	Walnut	Apr 27 1963
62.94	Al Oerter USA	Walnut	Apr 25 1964
64.55	Ludvik Danek TCH	Turnov	Aug 2 1964
65.22	Ludvik Danek TCH	Sokolov	Oct 12 1965
66.54	Jay Silvester USA	Modesto	May 25 1968
68.40	Jay Silvester USA	Reno	Sep 18 1968
68.40	Ricky Bruch SWE	Stockholm	Jul 5 1972
68.48	John van Reenen RSA	Stellenbosch	Mar 14 1975
69.08	John Powell USA	Long Beach	May 4 1975
69.18	Mac Wilkins USA	Walnut	Apr 24 1976
69.80	Mac Wilkins USA	San Jose	May 1 1976
70.24	Mac Wilkins USA	San Jose	May 1 1976
70.86	Mac Wilkins USA	San Jose	May 11976
71.16	Wolfgang Schmidt GDR	Berlin	Aug 9 1978
71.86	Yuriy Dumchev URS	Moscow	May 29 1983
74.08	Jürgen Schult GDR	Neubrandenburg	Jun 6 1986

NOTES

The first of Jay Silvester's 1968 records was actually measured at 66.55m, but was the first record to be rounded down to the nearest "even-numbered" centimetre under new IAAF rules ... Silvester produced throws of 70.38 and 70.04 in 1971, but neither of these were ratified as world records because they came in unsanctioned meetings ... Ben Plucknett (USA) threw 71.20 and 72.34 in 1981. Neither mark was ratified as a world record when it was revealed that Plucknett had failed a prior doping test. Both marks, however, were ratified as US records.

important competitions, so it could be technically analysed by Schult's coach, Herman Brand.

Suddenly the centre of attention, Schult was forced to give mid-competition interviews, which destroyed his concentration for the remaining rounds. He fouled his fifth round and passed the sixth, feeling relatively secure sitting on a 6m-plus lead.

"On the bus journey home we celebrated by drinking a couple of bottles of champagne," he told Bock.

On the IAAF scoring tables, a discus throw of 74.08m is worth 1383 points; equal to a 2.58m high jump, 6.45m pole vault, 9.21m long jump or a 101.78m javelin throw! The world records for those events are: 2.45, 6.15 (indoors), 8.95 and 98.48.

Though he made the team for the European Championships, Schult flopped in Stuttgart, placing seventh with 64.38m as Romas Ubartas (67.08m) led a Soviet medal sweep.

Schult recalled: "It's a pity the later development of the season wasn't successful. That winter (1985-86) I had changed my technique at a training camp in Cuba. I switched to the modern style of reverse rotation and by the time of the Neubrandenburg meeting I was getting some good results. But the new technique didn't give me consistency or any safety. There was no margin for error and I fouled a lot of throws. I think now that after a lot of unsuccessful competitions the record came too early for me.

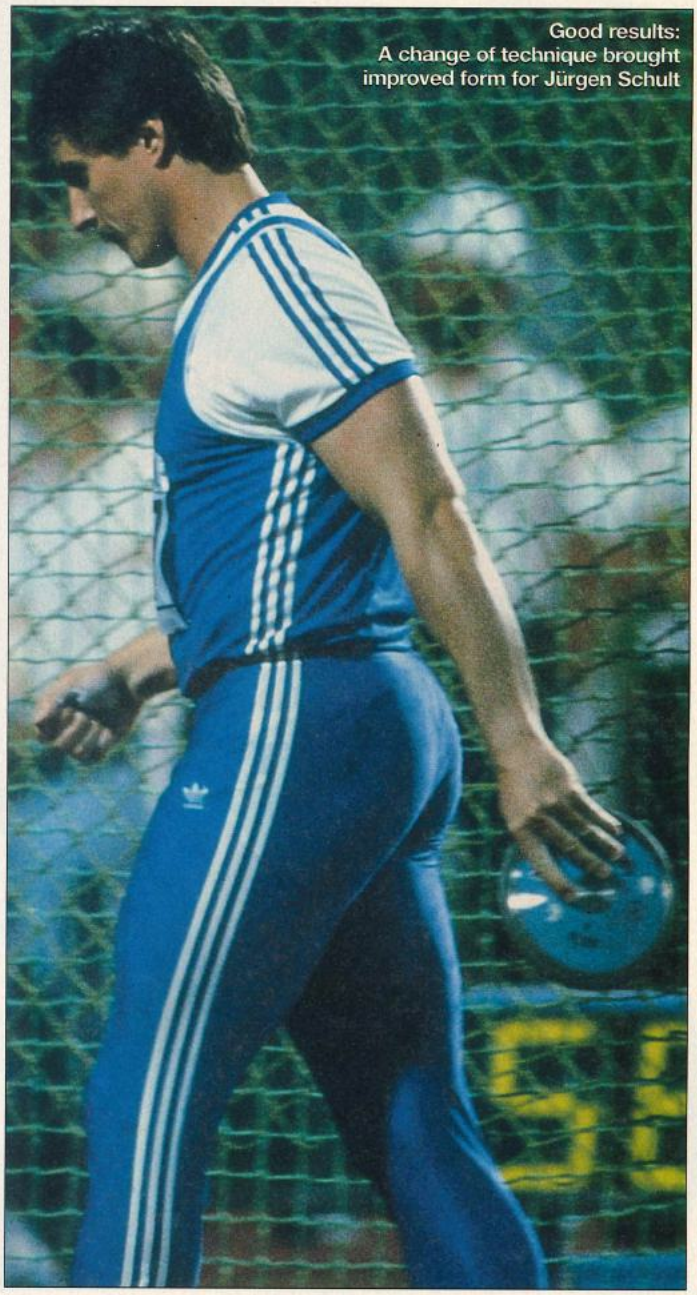
"After some time coach Brand and I decided it was necessary to forget the record and revert to my old (Stutzabwurf) style, similar to that used by Imrich Bugár and now perfectly demonstrated by Lars Riedel. The older style gives technical safety and was one of the reasons for my later results."

After the disappointment of Stuttgart, Schult went on to clinch Olympic gold at Seoul two years later, beating Ubartas and Rolf Danneberg (FRG) with 68.82m, an Olympic record which stood until Riedel threw 69.40m in Atlanta last year.

Schult told Bock: "In 1996 I had a little celebration: the 10th anniversary of my world record. But 10 years is long enough. It's necessary for my record to be improved. And the best contender is my arch-rival and good friend Lars Riedel, the Olympic champion.

"He is the best and has all the qualifications to throw really far. If he can throw on a "segelwise" (special venue where there is always a good headwind) in somewhere like California, I'm convinced he will throw further than 74.08."

David Cocksedge, with quotes and additional material courtesy of Eberhard Bock



Good results: A change of technique brought improved form for Jürgen Schult

AT THE scene of Jürgen Schult's world mark, Gabriele Reinsch enjoyed her greatest day. In casting 76.80m, she broke Zdenka Silhavá's four- year-old world record of 74.56 with the women's 1kg discus.

This is the only event where the women's record surpasses the men's in terms of distance – though men throw an implement of twice the weight.

The meeting was a dual international with Italy and an important qualification event for GDR athletes aiming for the Seoul Olympics in September.

And just like Schult two years earlier, Gabi Reinsch was not expecting anything sensational. She had caught a cold days earlier and was feeling unwell but decided to compete as her place in the Olympic team was under threat from Diana Gansky, Martina Hellmann and Ilke Wyludda. One of that world class foursome was going to be left out. (In this match, Hellmann and Wyludda were competing as non-scoring guests).

Gabi had moved from Cottbus to Potsdam to train full-time with her famous coach Lothar Hillebrand, who had guided the careers of Evelyn Schlaak-Jahl, Gabi Hinzmann, Sachse-Gansky and Gisela Beyer.

Warmed up and ready, Reinsch stepped into the 2.13m circle for her first throw at 6:15pm. The temperature was 22°C and there was a strong headwind coming in from the right-hand side. And she was in the same ring where Schult had set his world record two years earlier.

"As soon as the discus left my hand, I knew it was something special," she told sportswriter Eberhard Bock of her first throw. "I thought, 'Well, this is it.' I'd never had a feeling like that moment. And, I'm sorry to say, I have never had one like it since."

The implement flew out over the infield, kept aloft by the excellent headwind, and finally clunked into the turf beyond 74m and the world record marker. "I thought the flight of Gabi's discus would never end," marvelled Hellmann. "It was a fantastic throw."

The datum measuring team confirmed that. The distance of 76.80m was then checked with steel tape. Silhavá was history.

Reinsch had booked her ticket to Seoul but continued to display good concentration after that impressive opener. She reached 73.10 in the second round, and her third throw was a foot-foul which dropped down at around 74m. She kept up the hot streak, finishing with efforts of 70.56, 70.06 and 71.98 – a five throw average of 72.50.

She needed to be that good, because Gansky threw 72.94 and Wyludda set a world junior record of 72.34 behind her. Hellmann, destined to become the Olympic champion, found

Biographical summary

GABRIELE REINSCH (now Kramer) (GDR) was born in Cottbus on September 23, 1963. She is 1.85m tall and weighs 89kg.

Personal bests
SP: 17.45 (1986)
DT: 76.80 (1988, world record)

Biographical summary
1987 and 1989 World Student Games silver ... seventh in 1988 Olympic Games ... fourth in 1990 European Championships ... 1981 European Junior shot put silver (sixth in discus) ... now works for a German bank in Luxembourg and also coaches children

her best of 71.38 was only good enough for fourth place!

Two months later in Berlin, however, Hellmann booked the final Olympic team berth in a throw-off with Wyludda, reaching a phenomenal 78.14. But as the meeting was unsanctioned the measurement was not forwarded to the IAAF for ratification. Hellmann also threw 76.92 that day for the two longest-ever throws by a woman.

The remaining season was an anti-climax for Reinsch, however. In Seoul, she finished seventh place as Hellmann (72.30) and Gansky (71.88) wrapped up the gold and silver medals.

Reinsch confessed to Bock that the pressure had got to her. "Everywhere I would hear – 'Gabi, the gold medal in Seoul is yours.' I knew afterwards that even though you have the world record you still have to perform up to your best on the day of an Olympic final. Only after my Olympic catastrophe I realised the world record had come too early for me. My technique was unstable and inconsistent. And I couldn't stand the pressure."

Coach Hillebrand confirmed to Bock: "Gabi's disaster in Seoul was the product of bad nerves. At the training camp before the Games she had emotional problems. Due to the intense rivalry between them, she was not on the best of terms with Hellmann and Gansky.

"She was physically perfectly prepared but that was not enough – her mental state was not good. And with the three German women being equally prepared, the fight for the medals was determined by mental strength."

A former employee of Dresdner Bank, Gabi Reinsch-Kramer moved to Wincherigen (Reinland/Pfalz) near the border with Luxembourg and a job with Deutsche Postbank in 1995.

She still enjoys competing in club meetings, reaching close to 50m last summer.

After 15 years, she decided athletics had to move from first to a secondary role in her life, but after such a long association with the sport she couldn't just drop it. She now coaches girls and boys aged 12-14 and says: "It's a pleasure to give my experience to young people."

David Cocksedge, with quotes and additional material from Eberhard Bock

World record result

Neubrandenburg, July 9, 1988

1	Gabriele Reinsch	GDR	76.80*
2	Diana Gansky	GDR	72.94
3	Ilke Wyludda	GDR-n/s	72.24**
4	Martina Hellmann	GDR-n/s	71.38
5	Agnese Maffei	ITA	51.44
6	Asunta Chiumariello	ITA	25.72

(n/s = non-scoring)
* (76.80, 73.10, x, 70.56, 70.06, 71.98) world record
** world junior record

WOMEN'S DISCUS THROW

76.80m GABRIELE REINSCH (GDR)
Friedrich Jahn Sportpark, Neubrandenburg, Germany
July 9, 1988



Gabriele Reinsch in 1988

May 12	71.64	1	Potsdam
May 19	68.66	1	Potsdam
May 21	67.38	1	East Berlin
May 29	69.86	2	Rostock
Jun 4	71.64	1	Jena
Jun 12	73.42	1	Karl-Marx-Stadt
Jun 20	70.20	1	Düsseldorf/FRG v GDR
Jun 25	71.88	2	Rostock/GDR Championships
Jun 29	72.78	1	East Berlin/Grand Prix
Jul 9	76.80	1	Neubrandenburg/GDR v Italy (world record)
Sep 9	69.24	2	Potsdam
Sep 13	74.44	1	East Berlin
Sep 28	66.88	Q	Seoul/Olympic Games
Sep 29	67.26	7	

Next week

Stat Pack takes a look at the long jump world records held by Mike Powell and Galina Chistyakova

Ratified world records

27.39	Yvonne Tembouret FRA	Paris	Sep 23 1923
27.70	Lucie Petit FRA	Paris	Jul 14 1924
28.325	Lucie Petit/Daigré BEL/FRA	Brussels	Jul 21 1924
30.225	Lucienne Velu FRA	Paris	Sep 14 1924
31.15	Maria Vidlaková TCH	Prague	Oct 11 1925
34.15	Halina Konopacka POL	Warsaw	May 23 1926
38.34	Milly Reuter GER	Braunschweig	Aug 22 1926
39.18	Halina Konopacka POL	Warsaw	Sep 4 1927
39.62	Halina Konopacka POL	Amsterdam	Jul 31 1928
40.345	Jadwiga Wajs POL	Pabianice	May 15 1932
40.39	Jadwiga Wajs POL	Lódz	May 16 1932
40.84	Grete Heublein GER	Hagen	Jun 19 1932
42.43	Jadwiga Wajs POL	Lódz	Jun 19 1932
43.08	Jadwiga Wajs POL	Królewska Huta	Jul 15 1933
43.795	Jadwiga Wajs POL	London	Aug 11 1934
44.34	Gisela Mauermayer GER	Ulm	Jun 2 1935
44.76	Gisela Mauermayer GER	Nuremburg	Jun 4 1935
45.53	Gisela Mauermayer GER	Munich	Jun 23 1935
46.10	Gisela Mauermayer GER	Jena	Jun 29 1935
47.12	Gisela Mauermayer GER	Dresden	Aug 25 1935
48.31	Gisela Mauermayer GER	Berlin	Jul 11 1936
53.25	Nina Dumbadze URS	Moscow	Aug 8 1948
53.37	Nina Dumbadze URS	Gori	May 27 1951
53.61	Nina Romashkova/ Ponomaryova URS	Odessa	Aug 9 1952
57.04	Nina Dumbadze URS	Tbilisi	Oct 18 1952
57.15	Tamara Press URS	Rome	Sep 12 1960
57.43	Tamara Press URS	Moscow	Jul 15 1961
58.06	Tamara Press URS	Sofia	Sep 1 1961
58.98	Tamara Press URS	London	Sep 20 1961
59.29	Tamara Press URS	Moscow	May 18 1963
59.70	Tamara Press URS	Moscow	Aug 11 1965
61.26	Liesel Westermann FRG	São Paulo	Nov 5 1967
61.64	Christine Spielberg GDR	Regis Breitingen	May 26 1968
62.54	Liesel Westermann FRG	Werdohl	Jul 24 1968
62.70	Liesel Westermann FRG	Berlin	Jun 18 1969
63.96	Liesel Westermann FRG	Hamburg	Sep 27 1969
64.22	Faina Melnik URS	Helsinki	Aug 12 1971
64.88	Faina Melnik URS	Munich	Sep 4 1971
65.42	Faina Melnik URS	Moscow	May 31 1972
65.48	Faina Melnik URS	Augsburg	Jun 24 1972
66.76	Faina Melnik URS	Moscow	Aug 4 1972
67.32	Argentina Menis ROM	Constanta	Sep 23 1972
67.44	Faina Melnik URS	Riga	May 25 1973
67.58	Faina Melnik URS	Moscow	Jul 10 1973
69.48	Faina Melnik URS	Edinburgh	Sep 7 1973
69.90	Faina Melnik URS	Prague	May 27 1974
70.20	Faina Melnik URS	Zürich	Aug 20 1975
70.50	Faina Melnik URS	Sochi	Apr 24 1976
70.72	Evelin Jahl GDR	Dresden	Aug 12 1978
71.50	Evelin Jahl GDR	Potsdam	May 10 1980
71.80	Mariya Petkova BUL	Sofia	Jul 13 1980
73.26	Galina Savinkova URS	Leselidze	May 22 1983
73.36	Irina Meszynski GDR	Prague	Aug 17 1984
74.56	Zdenka Silhavá TCH	Nitra	Aug 26 1984
76.80	Gabriele Reinsch GDR	Neubrandenburg	Jul 9 1988

NOTES
The first 50m throw was by Nina Dumbadze (URS) in 1946, but this was not ratified as the USSR was not yet a member of the IAAF. Dumbadze went on to transform the event, setting three official records ... at an unofficial meeting in Kienbaum on September 6, 1988, Martina Hellmann (GDR) threw 76.92 and 78.14.

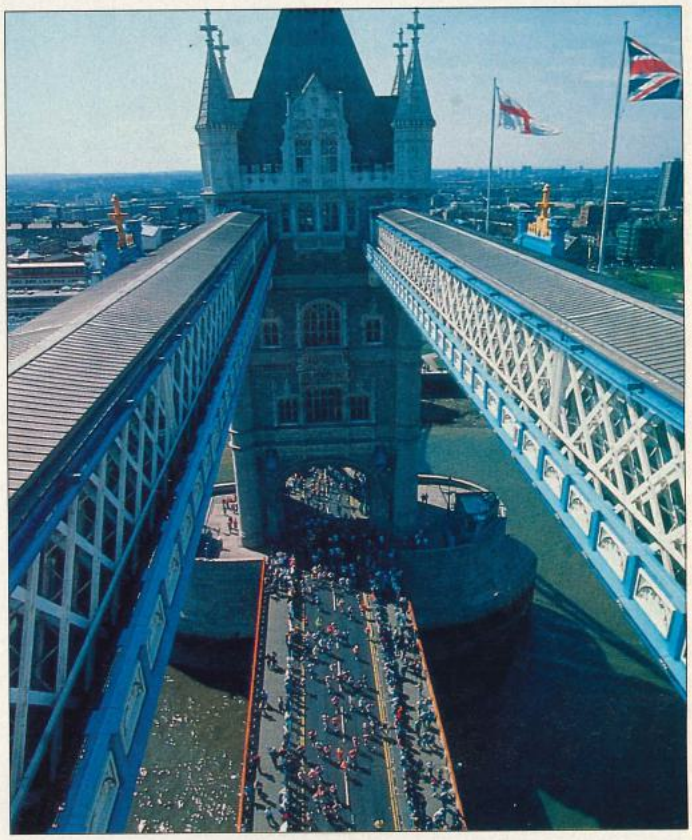
On the Road



by Bob Frank

All the news, gossip, facts and figures straight from the tarmac

Club athletes train too much



STUDIES in the United States have shown 60 per cent of all club athletes are over-training, *writes Stuart Hale.*

It is therefore likely a similar figure affects the UK – that is two in every three runners who belong to a club will not achieve their potential at London this year.

Many will already be feeling the effects of their long winter training. Legs will be tired, speed sessions difficult to complete and in some cases sleep hard to find – classic symptoms of over-training.

It's not unusual to hear of runners at any club who are not racing well or are repeatedly injured. Often that unshakeable virus is down to the fact runners don't rest properly during and after illness, returning to exercise too quickly and vigorously.

Often the cause of over-training is not the number of miles but the way those miles are run. In some cases runners treat every training session as a battle against the clock despite thinking they are running 'slow'. But are they running slowly enough to recover from yesterday's session or even a race a week ago?

As a guideline, you should always do recovery runs after any of the following training:

- Any long run (however slow)
- Speed workouts – intervals, hill reps, fartlek, tempo runs, etc
- All races – up to a week's recovery or more may be needed
- Every fourth week of training
- Injury or illness
- Following a rise in resting heart rate.

Often referred to as the hard-easy training method, this simple system can pay dividends. However, the misconception is how slow an easy recovery run should be. In most cases it's run too far and too fast.

A recovery run should be no more than 20-30 minutes (or half the distance of the second longest run of the week) and at least two minutes per mile slower than 10km pace.

It should feel like a very easy jog and for heart rate monitor users the training zone should be set to a maximum of 70 per cent. If training twice a day the morning run should also be run at this easy pace.

Easy running will give the heart and body a fighting chance at recovery, ready to face the demands of the next hard session. This is why every fourth week of training should see a reduction in intensity and mileage.

Before everyone screams: "I can't run that slow," there is one other major benefit to recovery running, namely energy efficiency. The most abundant energy we have for endurance running is fat. The body is most effective at providing energy from this source as it is plentiful and therefore long-lasting compared with glycogen (our other energy source).

To increase the body's ability to burn fat you must train that energy system. To hope this will happen at a faster speed than suggested will ensure it will NOT happen. The most accurate method of ensuring you train the energy system and recovery run is to use a heart rate monitor (60-70 per cent of your maximum rate).

It is also possible to monitor our bodies to see when we need to take it easy. As soon as you wake you should take your pulse for 10 seconds (multiply it by six to get the beats per minute) and record this resting heart rate – RHR). The average over the week will give your average resting heart rate so it is possible to see trends occurring.

To avoid over-training, watch for a rise in the RHR. An increase by as little as two or three beats can be an indication of the body's need to rest.

This rising RHR can also be the early signs of an oncoming illness but by following this simple measure it is possible to see exactly when the body has fully recovered from illness, races or hard sessions.

It could be argued to train slower is to run faster!

Great London Marathons of the past ... 1983

IF Liz McColgan records her second London Marathon victory next month she'll match the achievements of her coach, Grete Waitz, who won in 1983 and 1986.

Waitz's first London success brought the Norwegian a world best of 2:25:29, although it lasted for less than 24 hours as American Joan Benoit revised the mark in Boston the following day.

Leading Briton was Glynis Penny, who finished third behind Waitz and Kiwi Mary O'Connor (2:28:20) in 2:36:21.

Mike Gratton, third in 1982, held off the challenge of an inspired Gerry Helme to win in 2:09:43. Helme reduced his PB from 2:14:51 to 2:10:12 while Denmark's Henrik Jorgensen – a future winner – was third.



Quality remains the key for Garner

HIGH quality, low quantity is the secret behind Vince Garner's early season form.

The Aldershot athlete won last month's Chichester 10km in 29:39 and was runner-up in last week's representative cross country at Camberley when lining up for England.

Now he'd love the chance to run for his country on his favourite surface ... the roads.

Garner runs next week's AAA half-marathon championships at Reading in the hope of improving his 64:48 PB set at Derby.

He says: "I worked out after the Chichester race I'd averaged 26 1/2 miles a week over the last two years but it's all good quality.

"I tend to do a lot of 'half sessions'. If people are doing 12x400m, I'll probably do six, but the next day I might do 4x800m.

"If I'm running five miles in training I'll do about 26 minutes and when I did the Camberley Half-marathon as a training run (when he finished second in 70:58) I was slower than I'd run on my own a week earlier."

We hear...

■ THE North Kent 10km, organised by Cambridge Harriers and scheduled for March 16, has been cancelled. This fact came to light after this week's What's On pages were put together. Organisers hope to schedule an alternative later in the year.

■ LIZ McCOLGAN is seeking to repeat last year's double of winning Britain's top two road races - the Flora London Marathon and the Great North Run.

No athlete has ever won the Great North three years in a row but McColgan, who took the world title there in 1992, hopes to add to her 1995 and '96 successes.

Victory on September 14 would give McColgan a record-breaking fourth Great North victory, one more than her arch-rival Lisa Ondieki.

■ A STINT at an Italian training camp helped Richard Nerurkar prepare for last week's Woking 10, where he set a course record of 46:20.

The former World Marathon Cup winner trained with Italy's World Cross Country squad at Tirrenia.

■ THE British Vets' 10-mile Championships will be at Oswestry on May 11 (1pm) and not May 4 as indicated in some quarters. Organiser Doug Morris points out: "Ours must be the No.1 course in the country for vets, judging by the rankings in AW."

■ WITH prizes of £500 for first, £400 for second and £300 for third, Nova International are expecting a strong entry for their Club Inter Club Running Festival at Blackpool on April 6.

Prizes go down to £50 for 10th and athletes wishing to be considered for the elite men's 5km or women's 3km invitation should contact Nigel Gough on 0191-4020016.

Gough has designed fast courses on a closed circuit on Blackpool's Wintergardens.

Obituary – Buddy Edelen (22.3.37-19.2.97)

Farewell to welcome visitor

MARATHONER Buddy Edelen, although American, did his best running in England in the 1960s, *writes Mel Batty.*

When Buddy arrived in England in November 1960, he joined Chelmsford and later Hadleigh Olympiads. He became a regular in the Essex Cross Country League, county and area championships.

His best domestic cross country performance was second in the 1962 Southern but his most famous victory was in Louvain in December 1961, beating Gaston Roelants in his home town.

His best track performance was winning the 1963 AAA 10-mile Championships in 48:31.8, the fourth fastest in history, as he became the first American to win the title since 1887.

During the 1960s he went on to beat every American track record from six miles to the hour.

When it came to the road, Buddy had few equals and his outstanding win in the Windsor to Chiswick Polytechnic Marathon in 1963 produced a world best of 2:14:28.

He won the American Olympic trial in 1964 and finished sixth in Tokyo, just 35 days after an appendix operation and despite suffering terrible back trouble during the race.

In 1965 Buddy produced the sixth and seventh fastest marathons of the year (2:14:24 and 2:14:28) but sciatica prevented him scaling greater heights.

Buddy joined the staff at Adam State University, where he obtained his masters degree in psychology.

He relocated in Tulsa, Oklahoma, where he died at the age of 59 after an 18-month fight against cancer. He leaves a wife Glenda and son Brent.

I enjoyed his company and friendship during his five years in England as one of the best ambassadors his country has ever had.

Using the words Buddy quoted in his book *A Clear Cold Day*: "Without the experiences ... there would be no memories."



Fondly remembered: Buddy Edelen leads Mel Batty

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PUMA CELL

PUMA Road Rankings

SEVERAL of last year's main challengers have wasted little time in making their presence felt in the race for the 1997 Puma Golden Shoe Award, which this year carries an increased first prize of £1000.

Mark Flint, who led the rankings for most of last year before settling for third behind Paul Evans and Gary Staines, has again taken an early lead.

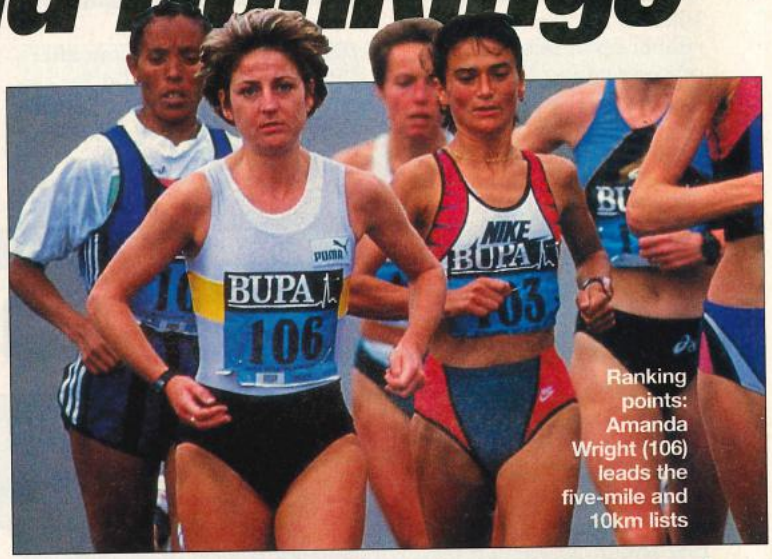
His 29:15 course record in the Bourton 10km followed a 23:20 clocking in the Alsager 5 to place him six points clear of Salford's fit-again Kevin McCluskey.

Tracy Swindell has a clear lead in the women's section over Amanda Wright, who tops the five-mile and 10km lists. Danielle Sanderson is third.

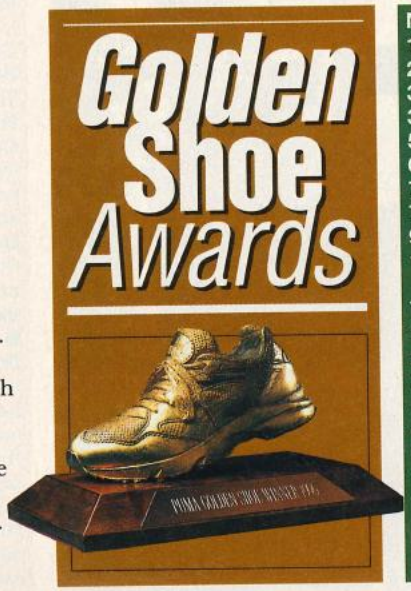
The Puma Golden Shoe Awards are based on the UK top 40 rankings over five miles, 10km, 10 miles, half-marathon and the marathon. Forty points are awarded to the top-ranked athlete at each distance down to one point for the 40th-ranked. Each athlete's best three scores are then added to produce a total (maximum 120 points).

Only one overseas race counts towards the Golden Shoe Award, which is why Paul Evans does not lead at the end of February. The Belgrave Harrier, who collected the £500 first prize for last year's inaugural Golden Shoe Award, is second in the 10km rankings and fourth in the half-marathon lists but both performances were abroad.

Evans and Liz McColgan are expected to receive their 1996 Golden Shoe Awards and cheques from *Athletics Weekly*'s Bob Frank at the Flora London Marathon exhibition next month.



Ranking points: Amanda Wright (106) leads the five-mile and 10km lists

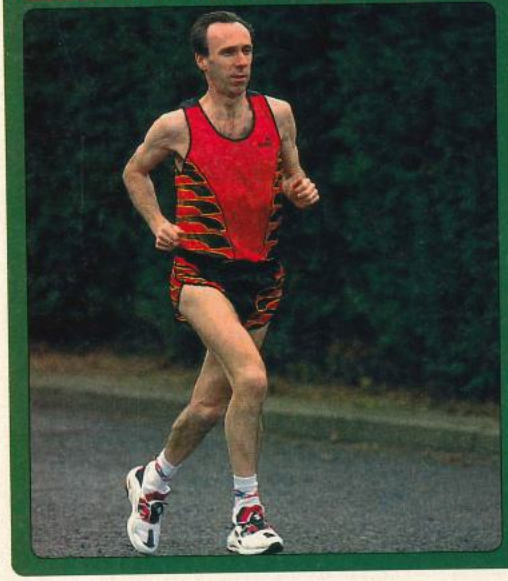


Men		
1	Mark Flint (Tel)	74
2	Kevin McCluskey (Sal)	68
3eq	Julian Critchlow (Wat)	63
3eq	Martin McLoughlin (Liv PS)	63
5	Malcolm Price (Sun)	61
6	Dave Tune (Roth)	55
7eq	Nigel Gates (B&H, M40)	52
7eq	Paul Freary (Bolt)	52
9	Tony O'Brien (Liv H)	49
10	Ian Hudspith (Morp)	48
Women		
1	Tracy Swindell (Thurr)	113
2	Amanda Wright (Bir)	80
3	Danielle Sanderson (Wat)	74
4	Maria Bradley (Over)	68
5	Caroline Horne (Craw, W35)	61
6	Amanda Yerworth (St Alb)	58
7eq	Jane Boulton (Craw)	55
7eq	Janet Kenyon (unatt, W35)	55
7eq	Frances Gill (Newp, W35)	55
10	Jeanette Stevenson (Falk, W45)	52



Early pace: Mark Flint heads the awards lists

TEAM PUMA '97 – Dave Hill



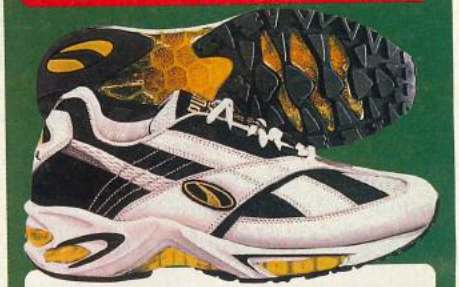
Road PBs
5km: 14:38 (14:51 as a vet)
5M: 24:20 (as a vet)
10km: 30:00 (30:34 as a vet)
10M: 48:00 (49:34 as a vet)
half-marathon: 65:04 (67:32 as a vet)
marathon: 2:16:36 (2:24 as a vet)

Typical week's training

Monday	am: 90min steady pm: 30min steady
Tuesday	am: 1hr steady pm: track session
Wednesday	am: 90min steady pm: 30min steady
Thursday	am: 1hr steady pm: pace run, 40min
Friday	am: 90min steady pm: 30min steady
Saturday	am: 1hr steady pm: road session, long reps
Sunday	am: 2hr 30min easy

Average weekly mileage: 110-115

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1997 Puma five-mile rankings

Men

1	23:05	Carl Udall (Bir)	Alsager	Feb 2
2	23:08	Dominic Bannister (SB)	Alsager	Feb 2
3	23:11	Ian Hudspith (Morp)	Alsager	Feb 2
4	23:13	Andy Bristow (B&H)	Hillingdon	Feb 23
5	23:15	Mark Hudspith (Morp)	Alsager	Feb 2
6	23:17	Glynn Tromans (Cov)	Hillingdon	Feb 23
7	23:20	Mark Flint (Tel)	Alsager	Feb 2
8eq	23:22	Kris Bowditch (Stoke)	Alsager	Feb 2
8eq	23:22	Bobby Quinn (Kilb)	Alsager	Feb 2
10	23:25	Jon Solly (HHH)	Alsager	Feb 2
11	23:32	Eamonn Martin (Bas)	Hillingdon	Feb 23
12	23:41	Dave Tune (Roth)	Hillingdon	Feb 23
13	23:42	Paul Freary (Bolt)	Alsager	Feb 2
14	23:44	Steve O'Gara (Walls)	Alsager	Feb 2
15	23:49	Julian Moorhouse (Bir)	Hillingdon	Feb 23
16	23:52	Martin McLoughlin (Liv PS)	Alsager	Feb 2
17eq	23:55	Mike Simpson (Houn)	Hillingdon	Feb 23
17eq	23:55	Martin Yelling (Bed)	Alsager	Feb 2
19	23:57	Mark Steinle (B'hth)	Hillingdon	Feb 23
20eq	23:58	Phil Makepeace (Leic)	Alsager	Feb 2
20eq	23:58	Carl Warren (C&S)	Alsager	Feb 2
22	23:59	Mike Shevyn (Bir)	Alsager	Feb 2
23	24:02	Matt O'Dowd (Swin)	Hillingdon	Feb 23
24	24:03	Nigel Gates (B&H, M40)	Hillingdon	Feb 23
25	24:05	Jeff Hornby (Spen)	Alsager	Feb 2
26	24:10	Nick Comerford (Card)	Weston	Jan 16
27	24:11	Nick Wetheridge (Bas)	Hillingdon	Feb 23
28eq	24:13	Tony O'Brien (Liv H)	Alsager	Feb 2
28eq	24:13	Lee Hurst (Bel)	Alsager	Feb 2
30	24:17	Nathaniel Lane (Card)	Hillingdon	Feb 23
31eq	24:20	Ray Plant (Stoke)	Alsager	Feb 2
31eq	24:20	Seb Shepley (West)	Alsager	Feb 2
33	24:21	Joseph Mills (Chelms)	Hillingdon	Feb 23
34	24:22	Rob Hollingsworth (Notts)	Alsager	Feb 2
35	24:24	Kevin Blake (Card)	Alsager	Feb 2
36eq	24:26	Steve Sharp (Hill)	Hillingdon	Feb 23
36eq	24:26	Ian Pierce (Tip)	Alsager	Feb 2
38	24:34	Tom Mayo (C&S)	Hillingdon	Feb 23
39	24:35	Steve Edmunds (Bir)	Alsager	Feb 2
40eq	24:38	Ian Hamilton (Med)	Hillingdon	Feb 23
40eq	24:38	Stuart Hall (Ply)	Exmouth	Feb 23
42	24:39	Paul Pudney (Liv PS)	Alsager	Feb 2
43	24:40	Mark Croasdale (Bing)	Exmouth	Feb 23
44	24:41	Simon Bell (Camb H)	Hillingdon	Feb 23
45	24:43	Martin Peace (Bing)	Alsager	Feb 2
46	24:44	Peter Haynes (Bas)	Hillingdon	Feb 23
47	24:46	Mark Benson (Liv H)	Alsager	Feb 2
48	24:47	Gary Eagle (Bris)	Gloucester	Feb 15
49	24:48	Dave Mansbridge (Tel)	Alsager	Feb 2
50eq	24:50	Aiden Walpole (Salf)	Alsager	Feb 2
50eq	24:50	Paul Rowland (unatt)	Alsager	Feb 2
52eq	24:51	Darrell Smith (B'hth)	Hillingdon	Feb 23
52eq	24:51	Mike Hager (Tip, M45)	Alsager	Feb 2
54	24:54	Robert Simon (Card)	Alsager	Feb 2
55eq	24:57	Stuart Campbell (Miz)	Edinburgh	Feb 23
55eq	24:57	Bill Crowther (Salf)	Alsager	Feb 2
57eq	24:58	Dennis Walmsley (Bourt)	Alsager	Feb 2
57eq	24:58	Alan Woods (Liv PS)	Alsager	Feb 2
59	24:59	Adrian Clark (C'field)	Hillingdon	Feb 23
60eq	25:01	Andrew Prophett (Stoke)	Alsager	Feb 2
60eq	25:01	Mike Girvan (Warr, M40)	Alsager	Feb 2
62eq	25:02	Richard Ashe (Hill)	Hillingdon	Feb 23
62eq	25:02	A Muir (S'clyde U)	Edinburgh	Feb 23
64eq	25:05	Lee Warburton (Spen)	Alsager	Feb 2
64eq	25:05	Martin Rees (Swan, M40)	Cardiff	Jan 5
66eq	25:06	Max Colligan (Falk)	Edinburgh	Feb 23
66eq	25:06	Richard Szade (Card)	Gloucester	Feb 15
68	25:07	Simon Burton (Notts)	Alsager	Feb 2
69	25:08	Ian MacDougall (Bing)	Alsager	Feb 2
70	25:10	Darren Hancock (Stoke)	Alsager	Feb 2
71	25:13	Vince Clisham (Cov)	Alsager	Feb 2
72eq	25:14	Mark Vile (Bas)	Hillingdon	Feb 23
72eq	25:14	Stephen Hilton (Der)	Alsager	Feb 2
72eq	25:14	Mike Twomey (Soton)	Romsey	Jan 26
75	25:15	Martin Forder (GEC)	Hillingdon	Feb 23
76	25:16	Eric Crowther (Sal)	Hillingdon	Feb 23
77eq	25:18	Dean Clark (Hill)	Hillingdon	Feb 23
77eq	25:18	Rob Jackson (Horw)	Alsager	Feb 2
79	25:21	Alexander Davidson (Hill)	Hillingdon	Feb 23
80	25:23	Chris Buckley (West)	Alsager	Feb 2
81	25:24	Jamie Jones (And)	Hillingdon	Feb 23
82	25:28	Kevin Thompson (Lon I)	Hillingdon	Feb 23
83	25:30	Duncan Hurdwell (B'mth)	Romsey	Jan 26
84	25:31	Ian Johnson (TVH)	Hillingdon	Feb 23
85eq	25:33	Ashley Deeming (Red)	Alsager	Feb 2
85eq	25:33	Darren Westlake (Bris)	Weston	Jan 16
87eq	25:34	Graham Ackland (Liv)	Edinburgh	Feb 23
87eq	25:34	P Phillips (Soton)	Romsey	Jan 26
89eq	25:36	Glenn Groves (Liv H)	Alsager	Feb 2
89eq	25:36	Paul Roberts (Sal)	Alsager	Feb 2
89eq	25:36	Alan Puckrin (Kilb)	Bishopbriggs	Jan 18
92eq	25:37	Billy Crowley (Midd)	Alsager	Feb 2
92eq	25:37	Larry Austin (B'mth)	Romsey	Jan 26
94	25:38	Paul Lavell (Bir)	Alsager	Feb 2
95	25:39	Richard Washington (Trenth)	Alsager	Feb 2
96	25:40	Amos Gore (Chelt)	Gloucester	Feb 15
97eq	25:42	Mike Feighan (Ex'mth, M40)	Exmouth	Feb 23
97eq	25:42	Ken Moss (Vale R, M45)	Alsager	Feb 2
99	25:43	D Cowlishaw (Alt)	Alsager	Feb 2
100	25:44	Mike Openshaw (CleS)	Crimdon Dene	Jan 12
101eq	25:45	Cliff Barley (SB)	Hillingdon	Feb 23
101eq	25:45	Simon Thomas (Edin)	Edinburgh	Feb 23
101eq	25:45	Paul Jackson (Bir)	Alsager	Feb 2
104	25:46	Gordon Seward (Exe, M40)	Alsager	Feb 2
105	25:48	Jamie Pringle (Edin)	Edinburgh	Feb 23
106eq	25:50	Stephen Pyke (Tren)	Alsager	Feb 2
106eq	25:50	Adrian Thiemieke (Stoke)	Alsager	Feb 2
106eq	25:50	Paul Muller (B&F)	Leyland	Jan 1
109eq	25:52	Colin Meek (Living)	Edinburgh	Feb 23
109eq	25:52	Paul Lemmon (N Lon)	Hillingdon	Feb 23
109eq	25:52	Rob Williams (Ex'mth, M40)	Exmouth	Feb 23
112eq	25:53	Peter Hyde (Alt, M45)	Alsager	Feb 2
112eq	25:53	Mick Cotton (PMAC)	Alsager	Feb 2
112eq	25:53	Gary Harris (Bris)	Weston	Jan 16
115eq	25:54	Richard Szade (Card)	Weston	Feb 20
115eq	25:54	Kevin Vose (B&F)	Leyland	Jan 1
117	25:55	Huw Roberts (Bridg, M40)	Weston	Jan 16
118	25:57	Russell Limbert (Tel)	Alsager	Feb 2
119eq	25:58	William Davies (TVH)	Hillingdon	Feb 23
119eq	25:58	T Pares (SWRR)	Exmouth	Feb 23

Women

1	26:13	Amanda Wright (Bir)	Alsager	Feb 2
2	27:04	Becky Spies (Ox U/USA)	Hillingdon	Feb 23
3	27:06	Lynn Gibson (Ox C)	Hillingdon	Feb 23
4	27:39	Wendy Farrow (Der L)	Alsager	Feb 2
5	27:40	Danielle Sanderson (Wat)	Hillingdon	Feb 23
6	27:44	Tracy Swindell (Thurr)	Alsager	Feb 2
7	27:52	Debbie Sullivan (Hav)	Hillingdon	Feb 23
8	27:55	Michelle Wannell (Exe)	Alsager	Feb 2
9	28:00	Maria Bradley (Over)	Romsey	Jan 26
10	28:05	Amy Stiles (West)	Weston	Jan 16
11	28:08	Chaanah Fothergill (Hallam)	Alsager	Feb 2
12	28:20	Angela Allen (Key P)	Alsager	Feb 2
13	28:36	Jackie Newton (Stock)	Alsager	Feb 2
14	28:40	Frances Gill (Newp, W35)	Cardiff	Jan 5
15	28:50	Pam Morgan (Liv H)	Alsager	Feb 2
16	28:53	Jeanette Stevenson (Falk, W45)	Edinburgh	Feb 23
17	29:00	Dinah Cheverton (Newp)	Alsager	Feb 2
18	29:04	Lisa Gore (Wig P)	Alsager	Feb 2
19	29:08	Jill Cunningham (Der)	Alsager	Feb 2
20	29:11	Teresa Tuohy (Lon I, W35)	Hillingdon	Feb 23
21eq	29:19	Andrea Green (Dart)	Hillingdon	Feb 23
21eq	29:19	Karen Black (Royst)	Hillingdon	Feb 23
23	29:26	Jo-Anne Newcombe (SB)	Hillingdon	Feb 23
24	29:31	Dinah Cheverton (Newp)	Exmouth	Feb 23
25	29:38	Nicola Jones (S'port)	Alsager	Feb 2
26	29:41	Nicola Mounty (West)	Alsager	Feb 2
27	29:47	Joyce Salvona (Living, W35)	Edinburgh	Feb 23
28	29:49	Jane Burthem (Warr)	Alsager	Feb 2
29	29:51	Anne Jeeves (SB, W35)	Hillingdon	Feb 23
30eq	29:54	J Hall (unatt)	Alsager	Feb 2
30eq	29:54	Michelle Mann (Pres, U20)	Leyland	Jan 5
32	29:57	Louise Cooper (Ross)	Alsager	Feb 2
33	30:00	Lesley Turner (Birm R)	Alsager	Feb 2
34eq	30:04	Jaqueline Wastell (N Lon, W35)	Hillingdon	Feb 23
34eq	30:04	Kim Roberts (Pit, W35)	Edinburgh	Feb 23
36eq	30:13	H Parkinson (Edin U)	Edinburgh	Feb 23
36eq	30:13	Jackie Jackson (Der L, W40)	Alsager	Feb 2
38	30:16	Jill Harrison (Bath, W35)	Exmouth	Feb 23
39eq	30:29	C Hurt (New F)	Romsey	Jan 26
39eq	30:29	E Turner (Les C, W40)	Cardiff	Jan 5

Other distances

5km

Men

14:23	Stuart Poore (T Sol)	Team Solent	Feb 16
14:27	Dave Taylor (B'hth)	Team Solent	Feb 16
14:30	Ian Gillespie (Downs)	Bristol	Feb 27

Women

16:55	Dawn James (AFD)	Team Solent	Feb 16
17:02	Jo Thompson (Bath, W35)	Bristol	Feb 27
17:04	Amanda Parkinson (Hynd)	Yokahama, JPN	Feb 23

10km

Men

29:15	Mark Flint (Tel)	Bourton	Feb 23
29:24	Paul Evans (Bel)	Hamilton, BER	Jan 19
29:39	Vince Garner (AFD)	Chichester	Feb 2

Women

33:18	Amanda Wright (Bir)	Yokahama, JPN	Feb 23
33:56	Zara Hyde (Havant)	Chichester	Feb 2
34:33	Caroline Herbert (Arena)	Chichester	Feb 2

10 miles

Men

49:44	John Burke (Lon I/IRL)	Sidcup	Feb 16
51:11	Andy Lyons (CoH)	Ferriby	Feb 2
51:15	Rod Jones (West)	Gloucester	Jan 1

Women

58:30	Melanie Hayward (E Hull)	Ferriby	Feb 2
59:13	Tracy Swindell (Thurr)	St Albans	Jan 19
60:51	Birhan Dagne (Ex L)	Lytchett	Feb 23

Half-marathon

Men

64:11	Kevin McCluskey (Sal)	Helsby	Jan 19
64:48	Malcolm Campbell (Cambus)	Florida, USA	Jan 19
65:01	Martin McLoughlin (Liv PS)	Helsby	Jan 19

Women

76:06	Carolyn Hunter-Rowe (Knaves)	Helsby	Jan 19
76:09	Jackie Newton (Stock)	Helsby	Jan 19
76:34	Tracy Swindell (Thurr)	Wokingham	Feb 9

Puma Rankings compiled by Bob Frank and correct up to February 29. Amendments to him at *Athletics Weekly*, Bretton Court, Bretton, Peterborough PE3 8DZ. Fax: 01733-465206. British performances overseas would be particularly welcomed. Where possible, checks are made to confirm course accuracy.

PUMA®

Winning begins at 60 for Blackpool's Transatlantic runner

THEY say life begins at 40 – but for Ron Bray the figure in question appears to be a couple of decades further on – 60 to be precise.

Last February Bray, a Blackpool-based graphic design teacher, toed the line with 400-plus hopefuls in the Central Park Veterans' 10km in New York.

The majority of runners were perhaps more concerned with the heavy snowfall and treacherous conditions underfoot than with the quality of the opposition.

But Bray, after donning his studded fell shoes (which he took with him to the United States to run hill reps in Central Park), stormed to victory – the first time he had won a race outright since his school days!

Not content with that, Bray – who turned 60 in November – took advantage of his form to shatter records on the fells at The Stoop and Stanbury Splash in Yorkshire – the latter by eight minutes despite suffering from jet-lag from his latest trans-Atlantic trek.

Bray said: "I used to win races at school, but was never really into it. Once I found out about girls, running went out of the window!

"The main reason I've improved as much is because I work for myself now and I've got more time for training. I've also lost five stones and since getting down to 10st the difference has been amazing.

"I'm training with a lot of runners who are younger than me doing hill reps and speedwork – things I've never done before."

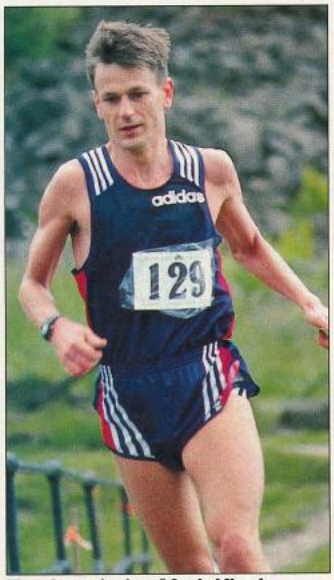
Kinch learns lessons from Horseshoe show

By Gareth Webb

LAST year's British and English silver medallist Mark Kinch insists his priority this year will be to do well in the World Trophy, although a third British title also figures in his plans.

Kinch, who in 1995 became the first man to retain both British and English titles, believes that to concentrate fully on both goals he will reluctantly have to forego the six-race English Championships. And in an attempt to prevent a repeat of his 56th placing in last September's World Trophy ("after I had long since lost motivation and ended up running just to get the season over with"), the 33-year-old Bingley Harrier has decided to cut back on his racing programme.

He says: "You have to be selective. The world and British titles are the most important thing for me this season, as well as perhaps the Europeans. But I'd also like to win Snowdon again as well as Knockdhu.



Trophy priority: Mark Kinch

"This winter I've been doing much more mileage and running quite a few 100-mile training weeks.

"I know the distance side of things was something I needed to work on – the Peris Horseshoe (where he placed eighth, 13 minutes behind winner Ian Holmes) showed me that last year."

Victories in the Wrexham Half-marathon (in a course record time) and back-to-back wins in the Titterstone Clee and Long Mynd Valleys races in Somerset suggest Kinch is rounding into form.

"Things are looking promising with many leading runners showing an interest in running the World and European Trophies," he says. "All being well we could end up having our strongest ever teams in both events!"

BOFRA backing

THE British Open Fell Runners Association has secured a sponsorship deal for the next two seasons with Merritt & Fryers of Skipton.

The championships are open to BOFRA members only (other competitors will not collect championship points) and titles will be on offer for senior men and women, men over-40 and over-M45, as well as U17, U14 and U12 boys and girls.

The 1997 Merritt & Fryers Fell Runners Championship: **May 24:** Sedbergh, Peoples Hall, Cumbria; **June 1:** Coniston Gullies, Yewdale Crags, Cumbria; **June 8:** Cracoe, N Yorks; **June 22:** Moorcock Races, near Hawes, N Yorks; **June 28:** Helm Hill, Cumbria; **July 6:** Kirby Gala, Cumbria; **July 12:** Alva Highland Games, Scotland; **July 19:** White Lion (Cray), Buckden, N Yorks; **July 27:** Farleton Knott, Cumbria; **July 31:** Ambleside Sports, Cumbria; **August 16**: Rusland Sports, Cumbria; **August 25:** Hebden Sports, N Yorks; **September 3:** Muker Show, N Yorks; **September 6:** Hawkswick Dash, N Yorks; **September 7:** Kettlewell, N Yorks; **September 14:** Burnsall, Skipton, N Yorks; **September 21:** Embsay, near Skipton, N Yorks; **October 11:** Wasdale Head, Cumbria.

For details of championship rules (and full BOFRA calendar) contact secrtetary Colin Beck, Tel: 01756-792869.

Bunny Run Series acts as ideal intro to fells

THE annual four-race Bunny Run series gets under way on April 1 at Keighley, West Yorkshire, and serves as an ideal introduction to the fells or an early-season appetiser for the seasoned runner.

The series, run on Tuesday evenings throughout April, is in its sixth year and traditionally the sizeable field features a fair sprinkling of international runners.

As race organiser Dave Woodhead points out: "Ian Holmes has said he is going to be more selective this year. He is – he's doing all four Bunny Runs!"

Woodhead says the three-mile (300ft) races on paths and tracks are ideal because the distance is what most runners would be doing at the club on a Tuesday night, pointing out, providing it isn't too wet, "runners can probably get away with wearing road shoes."

He adds: "We find a lot of people at the first race aren't that fit, but by the time they get to the fourth one they have improved considerably.

"It's a great atmosphere and the 'Yard of Ale' in the pub after has become almost as traditional as the race itself."

Entry is £1.50 (on the night only) and all finishers receive an Easter egg with all prizes chocolate-based. Greg Hull and Carol Greenwood hold the course records of 16:47 and 20:06 and Ian Holmes has won the en-route Egg Stage prize eight times.

For details, contact Dave Woodhead (Tel: 01535-669100).

■ THE Dodd Fell Race from West Duerley Farm, Gayle, near Hawes, hosts Yorkshire Championship races on May 25 for U14 (1.5M, 650ft), U16 (2M, 800ft) and U18 (2M, 800ft). There is also an U12 (1.25M, 400ft) non-championship event. All ages are at January 1, 1997. Contact Dave Woodhead for details.

Entry is £1 on the day and the terrain is described as "good grass, straight up-and-down" with athletes advised to wear spiked cross country or studded shoes.

Seniors race (non-champs) five miles (1200ft) at 2pm. Entry £2.50. (The senior champs is at Pen-Y-Ghent on June 7).

1996 10km rankings

Compiled by Colin Wright for the BVAF

M40
30:06 Nigel Gates (B&H) Le Touquet Aug 24
30:10 Mike Girvan (Warr) Bruges Jun 29
30:13 Martin Rees (Swan) Redditch Aug 17
30:19 Derek Mullen (Sund) Bruges Jun 29
30:34 Kenny Davies (Swan) Broughton Feb 25

M45
30:24 Mike Hager (Tip) Bruges Jun 29
31:28 Gordon Stewart (Leam) Bruges Jun 29
31:36 Dave Hill (THH) Teddington Jun 2
31:44 Cameron Spence (Spango V) Troon May 15
31:46 Dave Throup (Bing) Wakefield Apr 14

M50
31:46 Mike Hurd (W'stock) Perivale Sep 8
31:57 Alun Roper (Swan) Bruges Jun 29
32:16 Martyn Rouse (Inv EK) Thurrock Dec 12
32:28 Brian O'Neill (AFD) Solihull Oct 6
32:54 Hugh Arnold (THH) London Nov 10

M55
33:27 Steve James (S'port W) Bruges Jun 29
33:56 Graham Patton (Mass F) Solihull Oct 6
34:24 Phil Lancaster (Elsw) Solihull Oct 6
34:49 George Black (Vall St) Leeds Dec 1
34:50 Alan Garrett (Card) Cardiff Sep 22

M60
34:41 Hugh Rankin (JWK) Troon May 15
36:21 Mick Ward (Osw) Solihull Oct 6
36:27 Harry Clayton (Bris) Bruges Jun 29
36:40 Derek Hayes (Kesw) Gt Eccleston Sep 8
36:57 Alec Dunn (S'port) Ashton-u-Lyne Sep 8

M65
37:54 Bill Stoddart (Gr W'Pk) Bruges Jun 29
38:21 Gerry Spink (Bing) Leeds Dec 12
38:44 Steve Charlton (TVH) Elmbridge Jul 21

M70
37:55 Steve Charlton (TVH) Solihull Oct 6
39:28 John Keston (Vall St) Canby (USA) Sep 21
41:14 George Phipps (Leam) Bruges Jun 29

M75
48:10 Bruce Davidson (N For) Christchurch Dec 12
49:38 T Evans (Bro) Flint Apr 14
50:18 L Price (SCVAC) Staines Mar 24

M80
48:41 Gordon Porteous (M'hill) Glasgow Jul 6
50:51 Len Jones (S'end) Bruges Jun 29

W35
33:27 Karen MacLeod (Edin) Bourton Feb 25
33:56 Jo Thompson (Bath) Stafford May 19
34:22 Cathy Shum (C&S) Redditch Aug 17
34:52 Jane Shields (Sheff) Armthorpe Aug 26
35:00 Trudi Thomson (Pit) Frampton Jul 8

W40
35:10 Sandra Branney (Glas) Vale of Leven Jun 23
35:11 Bronwen Cardy-Wise (B'end) Bourton Feb 11
35:41 Diane Underwood (Cent) Liverpool May 19
35:42 Paula Fudge (Houn) Bath Jun 9
36:08 Julie Coleby (Durh) Beverley May 19

W45
34:50 Zina Marant (Bath) Totton Apr 14
35:46 Jeannette Stevenson (Falk) Dumbarton Jun 13
37:00 F Royle (Salf) Manchester Jun 30
37:56 Eleanor Robinson (Bord) Carlisle Jun 6
38:01 Josie Heffernan (Vets) Perivale Sep 8

W50
37:38 Carol Wolstenholme (Hallam) Sheffield Mar 31
38:15 Elaine Statham (Stoke) Ashton-u-Lyne Sep 8
38:19 Pauline Rich (Serp) Peterborough Apr 8
38:45 Caroline Oxton (P'side) Eastleigh Mar 17
39:17 Priscilla Welch (Rane) Boulder (USA) May 27

W55
42:07 Christine Lee (Gosf) Newcastle Nov 10
43:02 Pam Jones (Ilf) Bruges Jun 29
43:48 Joyce Smith (SB) Liverpool May 19

W60
43:41 Mary Anstey (Newq) Bruges Jun 29
43:53 Pam Jones (Ilf) Solihull Oct 6
43:55 Ann Chapman (Crow) Hastings Jan 14

W65
46:13 Eileen Quinton (Horsh J) Bruges Jun 29
48:16 Joselyn Ross (GCJ) Bruges Jun 29
49:56 Betty Forster (SB) Bruges Jun 29

W70
77:12 E Johnson (unatt) Liverpool Oct 13

W75
64:14 Grace Bulger (N For) Bruges Jun 29

W80
78:16 Alice Bilson (Vets) Bruges Jun 29

Amendments to Colin Wright, 17 Victory Way, Grimsby, South Humberside, DN34 5UY, from whom deeper lists can be obtained for £1.50 + 9x6in SAE.

NEXT WEEK
Profile of M75 leader Bruce Davidson

Britons honoured on and off the NIA track

BRITAIN'S bid to stage the first European Indoor Vets' Championships may have been met with some scepticism but after last weekend's event any such feeling had been dispelled by the tremendous management of the event, *Brian Owen reports.*

Around 1500 competitors from 33 countries descended on Birmingham's National Indoor Arena for three days of competition and the standard of competition was excellent with 78 world and European bests recorded.

The outstanding performer was American guest Phillippa Raschker, who won seven events in the W50 group, each in a world best.

Raschker, who was second in the American Championships pole vault in 1994 and competed against Great Britain at Gateshead the following year, set an M50 best of 3.05m.

Best-known athlete at the event, with the exception of Irena Szewinska who led the Polish delegation, was fellow Pole and 1976 Olympic high jump champion Jacek Wszola.

Wszola, who also won silver in Moscow in 1980, set a European M40 best of 2.01m but failed at 2.07m attempting to exceed the world figures set by Dwight Stones.

Germany's Thomas Zacharias cleared 2.00m in the M50 high jump, using the straddle style.

Britain were succesful in the sprints with double wins for Viv Oliver (M45), Brian Townley (M50), Ron Taylor (M60) and Charles Williams (M65).

Pat Gallagher was queen of the track with W50 wins over 800m, 1500m and 3000m while Jane Colebrook (not her sister Teena as stated last week) took the W35 gold medals at 800m and 1500m.

Tomorrow (March 13) marks the 20th anniversary of Colebrook's British, European and Commonwealth 800m indoor record of 2:01.1 set when winning the European Championships in San Sebastian. Colebrook is still the British record-holder.

Peter Browne won a hotly-contested 800m at Birmingham from Malvern-based Stuart Halion.

Jenny Brown won the W35 high jump but had to be content with third place in the triple jump as Agni Georgiou won with 11.97m on her last leap of the competition.

Britain's Rosemary Chrimes set the standard in the W60 shot, setting a world record of 11.66m to win by more than three metres.

The hosts team rounded off the event in fine style by winning seven of the eight 4x200m relays.



World mark: Shot putter Rosemary Chrimes

Picture: Jeremy Hemming

Track Chat



If you have any track news, call Trevor Frecknall on 01733-465493

All the news, gossip, facts and figures from around the track

Brunel score early success

BRUNEL University's athletes have made a good start to the year in which they will be joined by Peter Radford, who is poised to return to academia after his turbulent spell as executive chairman of the British Athletic Federation.

The students from the former Borough Road College in Isleworth, Middlesex, warmed up for the British Universities' Indoor Championships in Glasgow by scoring a rare double success over Loughborough Students.

Brunel were victorious in both men's and women's matches against Loughborough, Birmingham University, the RAF, Army and Royal Navy at the National Indoor Arena.

Only once before in 30 years of matches against Loughborough have Brunel won both competitions and that was a decade ago.

The milestone successes this time were founded on Brunel's multi-eventers Jamie Quarry and Kelly Sotherton.

Ten days after breaking the Scottish indoor heptathlon record, Quarry shaved 0.01sec off his 60m hurdles PB (8.10sec) and looked strong in the 60m, clocking 7.07.

Sotherton recorded three PBs – shot 11.41m, 60m hurdles 8.97 and 60m 7.88.

The Williams triplets also excelled. Susan won the 60m in 7.80, Helen was first in the B race in 7.99 and Elizabeth led the 300m in 40.69.

Imagine the track judges' dismay when the three look-alikes teamed with Suzie Hunt to win the 4x200!

Brunel had men to boast about too. Richard Aspden cleared 2.05m in the high jump, Andrew Lewis reached 6.84m in the long jump and there were 60m PBs for Graham Beasley (7.05) and Nigel Murphy (7.07). And in the 3000m, Steve Body surprised himself with an easy win in 8:29.32.

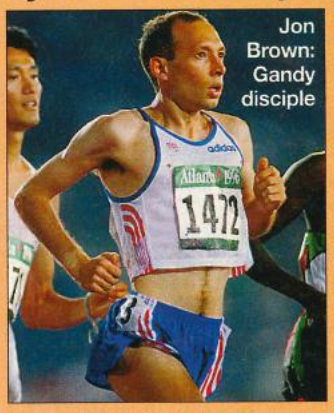
Go slowing down yet for Gandy the student guru

GEORGE GANDY enters his 26th year as Loughborough University director of athletics with no sign of weakening.

His enduring success is illustrated by the quality of athletes who choose to be coached by him long after they have left the Leicestershire seat of learning.

Jon Brown is a fine example. Having beaten 28 minutes for 10,000m for the first time at the Atlanta Olympics, he ended Gandy's 'silver jubilee year' by romping away with the European Cross Country Championship.

The last Briton to win a European endurance title was Jack Buckner over 5000 metres in 1986. And guess who coached him at Loughborough.



Jon Brown: Gandy disciple

Not that Gandy the Guru is looking at the past.

The future seems golden too with Gandy's charges including the new AAA 3000 metres indoor champion Angela Davies, who has also earned a place in the World Cross Country Championships; and reigning national outdoor champions John Nuttall (5000 metres) and Louise Watson (10,000 metres).

Gandy, the national coach for 5000 and 10,000 metres, says: "With the middle- and long-distance events coming in for a fair amount of criticism regarding international standards these days, these performances show at least I'm doing my part towards putting things right."

Gunnell makes plans

SALLY GUNNELL has signed another four-year sponsorship deal with Mizuno.

But that does not mean the 30-year-old Great Britain captain will be competing until 2001 – or until the next Olympic Games, for that matter.

It's just that "Sally is an excellent ambassador for Mizuno" as the company's sports divisional manager Peter Barber puts it.

The signing took place at Mizuno's new multi-million pound sports distribution centre in Southampton last week.

And the 'new' Gunnell? Recovered from the injury in Atlanta that cruelly ended her reign as Olympic 400m hurdles champion, she has already mapped out her summer campaign leading up to the World Championships.

Passey discovers some fresh inspiration

A FOUR-month stay in Australia helped Adrian Passey to rediscover his motivation and he's now looking forward to the track season, *writes Bob Frank.*

A World Championships 5000m slot is the goal for the Bromsgrove and Redditch athlete who saw his Olympic hopes dashed by a blood disorder last year.

He says: "I was very disillusioned and I took a long time to get over it. I'd geared everything towards qualifying for the Olympics.

"But the motivation is there again. I think I've got a good chance of making the team for the World Championships.

"Matt Yates lives near me but his training is very different to mine at the moment – it's all quick, quick, quick, speed, speed, speed.

"I'll soon start training with the Tuesday night group at Kingston.

"With the likes of Gary Staines and Jon Solly there I'll have to get into shape just to go training!"

Mayo makes twin summer targets

TOM MAYO, whose long-term aim is to emulate his hero Steve Cram, has ended his winter racing on a winning note.

The 19-year-old Inter-Counties U20 cross country champion went on the road to win the Muswell Hill 5 in 24:34 – exactly the same time as he clocked for 12th place in the Nike Hillingdon 5 a week earlier.

Now the Loughborough University student – who won the 1995 TSB English Schools' senior boys' 1500m title at the same Nottingham stadium where Cram succeeded in 1979 – hopes the chase for 1500m success goes like clockwork in the summer when his twin targets are the inaugural European U23 Championships and the World Student Games.

Twice the fun

DOUBLE delight awaits pole vaulters at the NESCOT College, Ewell, Surrey, on Saturday.

There'll be a training session (2pm to 3.30pm) for beginners and vaulters of all ages – followed by a musical pole vault competition, limited to a 10-stride run-up.

For more details contact Maureen Jones on 0118-2247579 or (mobile) 0956-807689.

Your full preview guide to forthcoming events

What's on

Road

Wednesday March 12

CICA STREET WINTER SERIES 5km
Street. 7.30pm. £2/£3 unatt, payable to Wells City Harriers. Fast, flat, town, four laps. Course record Ian Gillespie 14:27. Last year: 100 finishers.
Mr C Thomas, Tel: 01458-443184

LENSBURY BRIDGES HANDICAP 2.3
Albert Embankment, London. 12.30pm.
Alan Spencer, Tel: 0171-9345247

Saturday March 15

CARNFORTH CLASSIC 10km & 1.5
Carnforth High School. 1pm. 1.05pm fun run. £3/£3.50 unatt/£1.50 fun run/£1 extra on day, payable to Carnforth High School Association.
Nigel Garnett, 2 Rednayne Drive, Carnforth, Lancashire LA5 9XA. Tel: 01524-732023

EAST SURREY LEAGUE RELAYS
Boxhill, near Dorking

ESSEX YOUNG ATHLETES' RELAYS
Thurrock

GLOUCESTER GROCERY 4 & YOUNG ATHLETES' 2
2.45pm. £1.50/£2 unatt
D Buckle, Chatter Steet Cottages, Longney, Gloucester, GL2 6SL

HYDE PARK JUNIORS ONLY (11-17 YEARS) 5km
Hyde Park Grandstand. 11am. £2/£2.50 on day. Postal entries closed. Parkland, flat, one lap, certificates. Last year: 72 finishers, last finisher 38:16.
Westminster Sports Unit, Moberly Sports & Education Centre, Kilburn Lane, London W10 4AH. Tel: 0181-9641095

JACK RUSSEL MEMORIAL 10km
Gypsey Green Stadium sea front. 1.30pm. £2.50/£3.50 unatt/£1 extra on day, payable to South Shields HAC. Postal entries closed. One lap. Course record Douglas Wakiihuri. Last year: 215 finishers.
Mr G Urron, 38 Leafield Crescent, South Shields, Tyne & Wear NE34 6JQ. Tel: 0191-4563781

MACKEY SHIELD 10km
Ballyclare High School
Norman Caughey, 27 Oldwood, Newtownabbey BT36 5GJ. Tel: 01232-841413

NEWLAND PARK RELAYS
Newland Park, Bucks College. 2pm. £6 men's team/£4 women's & vets' teams/
no entries on day, payable to Chiltern & Chalfont AC. Postal entries closed. Fast, flat, rural. Last year: 50 teams.
Mr H Cave, 16 Highmoor, Amersham, Bucks HP7 9BU. Tel: 01494-727240

RHAYADER ROUND THE LAKES 20 & 1-5 FUN RUNS
Rhayader. 1pm. £5/£5.50 unatt/£1 extra on day/£1 fun run, payable to Rhayader Road Race. Postal entries closed. Hilly, scenic, town, one lap, mementoes, very hard race. Course record Greg Newhams 1:48:06. Last year: 482 finishers, last finisher 4:08:08.
Mrs A Arthur, 3 Cae Pwll, Rhayader, Powys LD6 5EU. Tel: 01597-810705

SCOTTISH NATIONAL CHAMPS
Strathclyde Park
Tel: 0131-3177320

YELLOW PAGES READING HALF-MARATHON, SUNDAY MARCH 16

THE first AAA of England road championship since they were declared open to English athletes only, sees Ethiopian-born Kassa Tadesse among the favourites at Reading.

The Belgrave Harrier defected after winning the inaugural World Junior Half-marathon Championship at the Great North Run in 1992.

Also in the Belgrave team are Poland's Michael Kazimierski and veteran Jim Estall, who both joined 1996 Reading winner Gary Staines and Chicago Marathon champion Paul Evans in the BAF Championship-winning team at last year's Flora London Marathon.

AAA 10km champion Dale Laughlin, World Half-marathon Championships representative Dave Tune, the in-form Vince Garner, British marathon international Bill Foster, Gateshead's Gary Nagel, last year's fourth-placer Billy Nixon, Boxhill's Steve Harris, Scotland's Graeme Croll and Blackheath's Mark Steinle – who won last year's U23 half-marathon international in Germany – are also among the top names entered, although more are expected. Andy Bristow has entered but runs the World Cross Country Championships a week later.

The women's race sees last year's Reading winner Caroline Horne facing some strong competition, including Danielle Sanderson and Puma Golden Shoe Award leader Tracy Swindell.

Angela Allen, local favourite Carol Bowker, and Yellow Pages employee Shireen Barbour – of Birchfield Harriers – are also in action.

European veterans' 3000m silver medallist Keith McLellan lines up against Bolton's M40 Tony Duffy and Wakefield's Dave Gratton.

At the time of going to press, entries were up by around 1000 on last year and organisers expect about 4500 athletes on the line, including those in the fun run.

The first prize of £800 will be doubled if either course record falls, but Paul Evans' 1992 mark (61:38) and Ann Ford's 11-year-old course record (72:09) will take some beating.

Sunday March 16

ANGLESEY CLASSIC 30km & 10km
David Hughes School, Menai Bridge. 10.30am. £6/£7 unatt/£1 extra on day, payable to Anglesey Central Lions Club. Postal entries closed. Flat, rural, one lap, medals. Course record S Watson 98:00. Last year 147 finishers, last finisher 3:31:37.
N Stewart, Skerries, Llanfechell, Anglesey LL68 0SD. Tel: 01407-710439

ASHBY 20
Hood Park Leisure Centre, North Street, Ashby De La Zouch. 10am. £6.50/£7.50 unatt/£1 extra on day, payable to Ashby 20. Postal entries closed. Hilly, scenic, rural, one lap, T-shirts. Course record Mike Spencer 1:46:45. Last year: 525 finishers, last finisher 4:06:00.
Angela Hall, 17 Brittany Avenue, Ashby De La Zouch, Leics. Tel: 01530-416547

NATIONWIDE CITY OF BATH HALF-MARATHON
Great Pulteney Street. 11.30am. £7/£8 unatt/£14 on day, payable to City of Bath AC. Postal entries closed. Fast, flat, city centre.
Catherine McCarthy, 55 Northend, Batheaston, Bath BA1 7EG. Tel: 01225-852233

CRANLEIGH 15 OR 21
Cranleigh Leisure Centre. 9.30am. £4/£5 unatt/£1 extra on day, payable to MABAC. Postal entries closed. Scenic, rural, two laps, medals. Last year: 600 finishers.
A Tugwell, 10a Clifford Grove, Ashford, Middlesex TW15 2JT

DRONFIELD 10km & 1.5
Dronfield Woodhouse, near Sheffield. 11am. £3/£3.50 unatt/50p extra on day, payable to 7th Dronfield Scout Group. Postal entries close March 14. Fast, two laps. Course record Jerry Hall 31:37. Last year: 157 finishers, last finisher 70:40.
Paul Bottomley, 1 Ullswater Place, Dronfield, Woodhouse, Sheffield S18 5NX. Tel: 01246-416511

EAST HULL 20
East Hull Harriers Club, Saltshouse Road, Hull. 10am. £3.50/£4.50 unatt, payable to East Hull Harriers & AC. Postal entries closed. Fast, flat, rural, one lap.
G Griffin, 7 Tweendykes Road, Hull, East Yorkshire HU7 4XT

B&Q EASTLEIGH 10km & 2km
Fleming Park, Eastleigh. 2.30pm. £5/£5.50 unatt/£1 fun run, payable to EBC. Postal entries closed. Fast, flat, town, one lap, T-shirts. Course record Mark Rowlands 28:52. Last year: 900 finishers.
Road Race Eastleigh Borough Council, Leigh Road, Eastleigh, Southampton SO50 9YN. Tel: 01703-62205

NIKE FINCHLEY 20
Hillingdon AC. 2pm. £5/£6 unatt/£1 extra on day, payable to Hillingdon AC. Postal entries closed. Fast, town, rural, four laps, mementoes. Course record Bill Adcocks 1:39:01. Last year: 326 finishers, last finisher 3:46:13.
Eileen Turner, 37 St Clements Close, Cowley, Uxbridge, Middlesex UB8 3SS. Tel: 01895-449145/G Collett 19 Greystoke Drive, Ruislip, HA4 7YL

HAROLD WOOD 7km
Harold Wood Park. 9.30am. £4/£5 on day, payable to Connaught Stroke Club. Postal entries close March 13. Hilly, scenic, rural, one lap, medals. Course record 21:19. Last year: 110 finishers.
Nick Joseph, The Jays, Upland Court Road, Harold Wood, Essex RM3 0TT. Tel: 01708-342348

HASTINGS HALF-MARATHON, 11-17 2km
Grosvenor Gardens, St Leonards on Sea. 10.30am. £6.50/£7.50 unatt/£2 mini run, payable to Hastings Lions club. Postal entries closed. Fast, flat, hard, hilly, scenic, town, rural, one lap, medals. Course records Paul Davies-Hale 62:10/Andrea Wallace 71:13.
Hastings Half-marathon, 219 Harley Shute Road, St Leonards on Sea, East Sussex TN38 9JJ. Tel: 01424-844608

HEMEL 10
Cavendish School, Warners End Road. 10.30am. £5/£6 unatt/£1 extra on day, payable to Dacorum & Tring AC. Postal entries closed. Scenic, town, rural, undulating, one lap, mementoes. Last year: 896 finishers, last finisher 2:25:35.
Mrs D Ratcliffe, 118 Pixies Hill Crescent, Hemel Hempstead, Herts HP1 2BU. Tel: 01442-257086

HERNE HILL 10km
Brockwell Park, London SE22. 11am. £4.50/£5.50 unatt/£1 extra on day, payable to Herne Hill Harriers. Postal entries close March 12. Fast, town, three laps, mementoes. Course record Kevin Tobin 30:14. Last year: 100 finishers, last finisher 57:51.
Andrew Lea-Gerrard, 142 Emmanuel Road, London SW12 0HS. Tel: 0181-6717888

ISLE OF MAN 20
(Date changed was March 23) National Sports Centre, Perimeter Road, Douglas. 9am. £3/£4 unatt/£1 extra on day, payable to IOMVAC. Postal entries close March 16. Fast, flat, 40 laps, medals. Course record Andy Fox 1:57:46. Last year: 20 finishers, last finisher 2:49:24.
Martin Bell, 30 Seafield Crescent, Oncham, Isle of Man IM3 3BZ. Tel: 01624-625357

LAUNCESTON HALF-MARATHON & 2
Launceston Town Square. 11am. £5/£6 unatt/£2 fun run/£1 extra on day, payable to Launceston Half-marathon. Postal entries close March 12. Fast, flat, hard, hilly, scenic, one lap, mementoes. Course record Shaun Milford 72:38. Last year: 174 finishers, last finisher 2:27:00.
Dave Gordon, 66 St Johns Road, Launceston, Cornwall PL15 7DD. Tel: 01566-774706

MAD MARCH HARE 7 & 2.5km
Wootton Bassett. 11am. £3/£3.50 unatt/£4 on day/£1 fun run, payable to Wootton Bassett School. No prizes for entry on day. Postal entries closed. Scenic, town, rural, one lap, mementoes. Last year: 47 finishers, last finisher 61:00.
Chris Kirkland, 15 The Mews, Lydiard

Millicent, Swindon SN5 9NQ

NVAC ORMSKIRK 10km
Ormskirk, Lancs. Noon

PLYMPTON HALF-MARATHON
Valley Road. 10am. £5, payable to Moose International. Flat, hard, hilly, one lap, medals. Course record R Wise 68:59. Last year: 52 finishers, last finisher 2:18:35.
EPW Melluish, 31 Woodland Drive, Plympton, Plymouth, Devon PL7 1SN. Tel: 01752-339920

PRIOR SPORTS CLUB HALF-MARATHON
11am. £4./£4.50 unatt, payable to Prior Sports Club.
Prior Sports Club, The Rookery, Priors Hardwick, Warkwickshire CV34 8SL

ROCHDALE TBA (INCORP. NORTHERN VET CHAMPS) 20
Springfield Park, Rochdale. 10.30am. £3.50/£4.50 unatt/50p extra on day, payable to Rochdale Harriers AC. Postal entries close March 12. Hard, town, rural, two laps, mementoes. Course record N Barlow 1:48:33. Last year: 289 finishers, last finisher 3:52:49.
Phil Roberts, 42 Lock Close, Hopwood, Heywood, Lancs OL10 2JS. Tel: 01706-627417

SINFIN 10km
Alvaston & Boulton Sports Club, Derby. 11am. £4/£5 unatt/£1 extra on day, payable to Sinfin Running Club. Postal entries closed. Parkland, tracks, fast, flat, one lap, mementoes. Course records Mark Dalkins 30:39/Jill Cunningham 37:06. Last year: 173 finishers, last finisher 60:45.
M Collins, 2 Limes Mews, Kipling Drive, Mickleover, Derby DE3 5NH. Tel: 01332-519607

SPEN 20
Princess Mary Stadium. Noon. £3.50/£4.50 unatt. Incorporating Inter-Counties Champs & Yorkshire Champs.
John Swindon, 12-14 Fall Lane, Liversedge, West Yorkshire WF15 8AR

ST EDMUND'S HALF-MARATHON
St Edmund's College, Ware. 10.30am. £6/£6.50 unatt, payable to St Edmund's College Marathon Account. Hilly, scenic, rural, one lap, medals. Course record Keith McLellan 70:30. Last year: 453 finishers, last finisher 2:42:51.
R Wregh, St Edmund's College, Old Hall Green, Ware, Herts SG11 1DA. Tel: 01920-824213

STANDLAKE 10km & 2
Standlake School, near Witney. 11am. £4/£5 unatt/£1 extra on day/£1.50 children fun run/£2.50 adults fun run, payable to Standlake 10km. Flat, scenic, rural, one lap, T-shirts.
Jayne Watson, Walnut Tree House, Old Manor Farm, Brighthampton OX8 7QW. Tel: 01865-300720

TEAM BARNET 10km & 2km
Barnet Copthall Stadium. 11am. £4.50/£1 extra on day, payable to London Borough of Barnet. Postal entries closed. Tracks, fast, flat, two laps, T-shirts. Course record Paul Simons 31:17. Last year: 100 finishers, last finisher 79:20.
Organiser, Barnet Copthall Pool, Great North Way, Hendon NW4 1PS. Tel: 0181-4579900

THORNBOROUGH 5
Village Green. 11am. £3/£3.50 unatt/£4 on day, payable to Royal Mail (MK). Postal entries closed. Hilly, rural, one lap, T-shirts. Course record Andy Harris. Last year: 110 finishers, last finisher 47:00.
Secretary, Priority Services, Royal Mail, Milton Keynes, Bucks MK1 1AA. Tel: 01908-648398

THORNEY 12km
Bedford Hall. 11am. £4/£5 unatt/£1 extra on day, payable to Thorney Running Club. Fast, flat, rural, one lap, mementoes. Course record John Wheway 37:20. Last year: 104 finishers.
Keith Hall, 20 St Mary's Close, Thorney, Peterborough, Cambs PE6 0SJ

WINWICK HOSPITAL 10km
Winwick Hospital, Warrington. 11am. £3.50/£4.50 unatt/£4.50 on day, payable to Warrington Community Health. Fast, undulating
10km Run, Business Development, Winwick Hospital, Winwick, Warrington, Cheshire WA2 8RR

WOMBWELL 5 & 1
Wombwell Sporting Centre. 11am. £4/£5 unatt/£1 extra on day/£1.25 fun run, payable to Wombwell Sporting Athletics Club. Postal entries closed. One major hill, town, one lap, T-shirts. Course record Mark Lavender 24:25. Last year: 168 finishers last finisher 49:30.
Janette Tomins, 144 Aldham House Lane, Wombwell, Barnsley, S Yorks S73 8AZ. Tel: 01226-754805

YELLOW PAGES READING HALF-MARATHON, U13 1.5 & U18/U15 3
Rivermead Leisure Complexs. 10am. £8.50/£9.50 unatt/£12 on day, no prizes for on-day entries/£3.50 mini marathon, payable to Reading Borough Council. Postal entries closed. Fast, town, one lap, medals, mementoes. Course records Paul Evans 61:38/Ann Ford 62:09. Last year: 2842 finishers, last finisher 2:45:00.
Yellow Pages Reading Half-marathon, Rivermead Leisure Complex, Richfield Avenue, Reading, Berkshire, RG1 8EX. Tel: 0118-9575184

Wednesday March 19

GERRY SULLIVAN CHARITY MILE
Wheatsheaf Hotel, The Square, Littleborough. 6.30pm. £1.50/£2.50 unatt, payable to Alan Ford Fund. Course record Paul Freary 3:56.
PC 4735 O'Sullivan BEM, Rochdale Police Station, The Holme, Rochdale OL16 1AG

Thursday March 20

LARA MIDWEEK TRAINING RACES
Shaftesbury Sports Centre, Derby. U17 & open mile and 5km. 7pm. £1.50/£1 under 16, payable to LARA
LARA, PO Box 33, Belper, Derbyshire DE56 4HZ. Tel: 01773-880338

PROM RUN 5
Tropicana. 7.30pm. £1.50/£2.50 unatt/50p extra on day, payable to WAC. Fast, flat, prom, two laps. Course record J Hill 23:51
Dave Jones, 93 Spring Hill, Worle, Weston-Super-Mare, Somerset. Tel: 01934-414361

Saturday March 22

BALA LAKE RACE 11.2 & 2
Bala, Gwynedd. 12.30pm and 2pm. £4/£5 unatt/£2 fun run, payable to Ras Llynm Tegid. No prizes for entry on day. Scenic, rural, one lap, medals. Course record Nigel Share 60:19. Last year: 322 finishers, last finisher 2:16:59
Ray Jarvis, 7 Y-Berllan, Coedpoeth, Wrexham LL11 3UQ

BELGRAVE HARRIERS RELAYS
Noon. £12 men A team/£6 men B team/£6 ladies A team/£3 Ladies B team
D Anderson, 23 Montem Road, New Malden, Surrey KT3 3QW. Tel: 0181-9420662

ESSEX VET MEN/SENIOR WOMEN CHINGFORD RELAYS
Chingford.

LARNE HALF-MARATHON
Larne High School. 2pm
B. Magee, 27 The Woods, Larne BT40 1BF. Tel: 01574-277554

LONDON 10km
Crystal Palace National Sports Centre. Noon. £4/5 unatt/£1 extra on day, payable to Crystal Palace Sport & Leisure Ltd. Postal entries close March 17. Three laps. Course record Julius Bitok 29:45. Last year: 125 finishers, last finisher 58:18
Mark De'ath, Crystal Palace National Sports Centre, Norwood, London SE19 2BB. Tel: 0181-7780131

PUMA CELL EKIDEN RELAY
Crystal Palace National Sports Centre. 2pm. £30 after March 1, payable to Crystal Palace Sport & Leisure Ltd. Postal entries closed.
Mark De'ath, as above

RONHILL STEPHEN UNWIN MEMORIAL 10km
Dalston, near Carlisle. 2pm. £4/£5 unatt/£1 extra on day, payable to Border Harriers. Postal entries close March 15. Rural, fast, one lap. Last year: 126 finishers, last finisher 57:27
K Abbot, 7 Edgehill Road, Harraby, Carlisle CA1 3LJ. Tel: 01228-23411

SWINDON (UPHAM) RELAY MALE 6 x 3 & FEMALE 4 x 3.1
Churchfields School, Upham Road. 2pm. £9 male teams, £6 female teams, payable to Swindon Harriers. Postal entries close March 17. Parkland, hilly, town. Last year: 49 teams finished
A Caple, 14 Ascham Road, Swindon, Wilts SA5 6BG. Tel: 01793-871675

Sunday March 23

ACKWORTH HALF-MARATHON & 4
Village Hall, Low Ackworth. 10.30am. £4.50/£5.50 unatt/£1 extra on day/£1.50 fun run, payable to Ackworth Road Runners. Postal entries close March 17. Scenic, rural, one lap, medals. Course record Eamon Hyland 67:12. Last year: 241 finishers, last finisher 2:20:27
Mick Powell, 62 Willow Park, Pontefract, West Yorks WF8 2SX. Tel: 01977-706559

ALBERTO'S RUN FOR FUN & 10km
10.30am fun run. 11am 10km. £2 fun run/£3 fun run on day/£4 10km/£5 10km on day, payable to Swansea Harriers/Alberto Run. Postal entries close March 14
Alberto Culver (UK) Ltd, Alberto Road, Valley Way, Enterprise Park, Swansea SA6 8RG

BANBURY 15, 3 & 1
Spiceball Sports Centre. 10.15am. £4/£5 unatt/£1 extra on day/£2.50 fun runs, payable to Banbury Harriers. Hilly, scenic, rural, one lap, medals. Course record Dennis Walmsley 81:06. Last year: 394 finishers, last finisher 2:51:00
6 Crouch Street, Banbury, Oxon OX16 9PP. Tel: 01295-253053

BEXLEY 3km & 5km
Entries Secretary, 248 Rydal Drive, Bexley Heath, Kent DA7 5DG

BRENTWOOD CHARITY HALF-MARATHON
Hedley Walter School, Brentwood. 10am. £5. Rural, one lap, medals. Last year: 909 finishers, last finisher 2:43:28
Brentwood Charity Fun Run, c/o Brentwood Borough Council, Ingrave Road, Brentwood, Essex CM15 8AY. Hot Line 01277-214392 24 hours

BROADLAND 15
South Walsham Village Hall. 10am. £5.50/£6 unatt/50p extra on day, payable to Norwich Road Runners. Postal entries close March 15. Rural, one lap, mementoes
2 Moorfield Road, Mattishall, Dereham, Norfolk. Tel: 01362-850491

FLEET PRE-LONDON HALF-MARATHON
Calthorpe Park, Fleet. 12.15pm. £6.50/£7.50 unatt, postal entries closed. Fast, flat, hilly, scenic, town, rural, one lap, and one small loop, medals. Course record Steve Brace 63:42. Last year: 1610 finishers, last finisher 3:00:42
Fleet Half Marathon, PO Box 1, Fleet, Hants GU13 9JU

GATWICK HALF-MARATHON
Perrywood Sports & Social Club, Salfords, Redhill. 10.30am. 10.40 fun run. £4.50/£5 unatt/£6 on day/£2.50 fun run, payable to Salfords Scout Group & crossed Marathon Account. Undulating, rural, one lap, medals
A Read, Rosemead, New House Lane, Salford, Surrey RH1 5RA. Tel: 01293-783447

GAZETTE HILLINGDON HALF-MARATHON & 1
Civic Centre, Uxbridge. 9.30am. £6/£7 unatt/£1 extra on day/£2.50 fun run entries on day only. Postal entries close March 15. Undulating first half, flat second half, town, figure of eight, medals. Course records: Tony Graham 66:40, T. Tuohy 79:27. Last year: 1000 finishers, last finisher 3:30:00
Edna Ives, 73 The Greenway, Ickenham, Middlesex UB10 8LX. Tel: 01895-634304

GREAT NORTH WEST HALF-MARATHON
Leyland, Lancs. 10am. £5/£6 unatt/£1 extra on day, payable to South Ribble Harriers. Fast, flat, scenic, town, rural, two-and-a-half laps, medals. Course record Peter Banks 67:20. Last year: 375 finishers, last finisher 2:30:47
R McAndrew, 2 Rowan Croft, Clayton-Le-Woods, Chorley, Lancs PR6 7UX

IRONBRIDGE BUSHUK HALF-MARATHON & 2.75
Stirchley Recreation Centre. 10.30am. £4.50/£5.50 unatt/£1 extra on day/£1.50 fun run, payable to Telford Harriers. Postal entries close March 18. Parkland, tracks, scenic, rural, one lap, mementoes. Course records: Tony Power 68:23, Sandra Bentley 80:38. Last year: 386 finishers, last finisher 2:45:36
G Bellamy, 14 Nevil Road, Wellington, Telford, Shropshire TF1 3DE

LOUTH 10 & 3
11.30am. £4/£5 unatt/£6 on day/£2 fun run, payable to Louth AC. Postal entries close March 16. Fast, flat, scenic, rural, one lap, mementoes. Course record Eamonn Hyland 50:29. Last year: 400 finishers, last finisher 2:00:00
Trevor Grant, 1 Brookside Close, Louth, Lincs LN11 8EX. Tel: 01507-602950

NIKE STAFFORD HALF-MARATHON & FUN 2.5
Stafford. 10.30am. £4/£5 unatt/£1 extra on day/£1 junior fun run/£1/50 adult fun run, payable to Stafford Borough Council. Postal entries close March 15. Fast, scenic, town, rural, one lap, T-shirt. Course record Adri Hartveld 69:51. Last year: 600 finishers, last finisher 2:47:00
Stafford Borough Council, Civic Offices, Stafford ST16 3AQ. Tel: 01785-223181 ext 349

OLDHAM HALF-MARATHON & FUN RUN 5
Queen Elizabeth Hall, Oldham. 11am. £3.50/£4.50 unatt/£2.50 fun run, payable to Oldham Mayoral Appeal. Postal entries close March 17. Hard, one lap, mementoes.
Half Marathon Entries, c/o Mayor's Secretary, PO Box 39, Civic Centre, West Street, Oldham, Lancs OL1 1UJ.
Tel: 0161-9114012

PADDOCK WOOD HALF-MARATHON & 1.5
Eldon Way, Paddock Wood. 10.15am. £5/£6 unatt/£1 extra on day/ £1.50 fun run/£2 fun run on day, payable to Paddock Wood Athletic Club. Postal entries close March 17. Fast, flat, scenic, rural, one lap, medals. Course record 67:48
Paddock Wood Half Marathon, 16 Bullion close, Paddock Wood, Kent TN12 6HP. Tel: 01892-835332

PETERSFIELD HALF-MARATHON
Petersfield School. 10am. £5/£6 unatt, payable to Lions Club of Petersfield. Postal entries close March 17. Scenic, town, rural, one lap, medals. Course record David O'Brien 73:14. Last year: 200 finishers, last finisher 2:29:50
J. Sheeley, 8 Clodwin Crescent, Horndean, Hants PO8 0YA. Tel: 01705-571238

RUGBY LADIES 5
Draycote Water, Kites Hardwick. 11am. £3.50/£4.50 unatt/£1 fun run, payable to Rugby & District AC. Postal entries close March 16
Ladies Races, 2 Manor Farm Close, Barby, Rugby CV23 8FA

SAF VETS' SIX-STAGE RELAYS
Torrance, Glasgow
Tel: 0141-7764941

SALISBURY FIREMANS 10km & 2
Salisbury Fire Station. 11am. £3/£3.50 unatt/50p extra on day/50p/£1 att fun run, payable to FSNBF (Salisbury). Fast, flat, medals. Course record Trevor Clark 30:28. Last year: 101 finishers, last finisher 76:16
Mrs L Garstang, 43 Olivier Close, Salisbury, Wilts SP2 9SG. Tel: 01722-330351

SANDON SCHOOL PTA 11 & 5
11am. £4 11 mile/£3.50 5 mile, payable to Sandon School PTA. Postal Entries close March 13. Rural, medals
T Scarf, 130 Celeborn Street, South Woodham Ferrers, Chelmsford, Essex, CM3 7AW

ST CLARE HOSPICE 5
Hastingwood. 10.30am. £4/£4.50 on day.
Race Organiser, 4 Hartland Road, Epping,

Essex CM16 4PE. Tel: 01992-572979
ST DISMAS 10km
Southampton. 10am. £4/£5 unatt/£1 extra on day. Postal entries closed. Parkland, hilly, town, one lap. Course record J. Crane 31:47. Last year: 160 finishers 160, last finisher 77:00
Race Secretary, Society of St Dismas, 30 Cranbury Avenue, Southampton SO14 0LT. Tel: 01763-223443
TATSFIELD 5 & 2.5
Tatsfield, Kent. 11.30am. £5/£6 on day/ £4 fun run, payable to Action Research. Postal entries close March 18. Hilly, scenic, two laps, mementoes. course record Alan Guilder 24:24. Last year: 260 finishers, last finisher 55:11
Mrs H Johnson, White Oak Ricketts Hill, Tatsfield, Kent TN16 2NF. Tel: 01959-571184
WEST LANCS HALF-MARATHON
Ormskirk. 11am. £3.50/£4 unatt/£1 extra on day, payable to West Lancs Half Marathon. Postal entries close March 16. Hard, one lap. Course record M McLoughlin 67:07. Last year: 388 finishers, last finisher 2:48:04
A Partridge, 16 Greetby Hill, Ormskirk, Lancs L39 2DS. Tel: 01704-895374
WILMSLOW ALLSPORTS HALF-MARATHON
Wilmslow Rugby Club. 10.30am. £6/£7 unatt, no entries on day, payable to Wilmslow Running Club. Postal entries closed. Fast, scenic, rural, one lap, T-shirts. Course records; Eamonn Martin 64:32, Suzanne Rigg 72.32. Last year: 1960 finishers, last finisher 2:39:25
Wilmslow Half Marathon, 10 Haddon Close, Macclesfield, Cheshire SK11 7YG. Tel: 01625-434235
WITHIEL-ON-FOOT HALF-MARATHON, 6 & 3
Bodmin. 2pm. £3/ £3.50 unatt/50p extra on day/£2 for 3/£1 U16 & OAPs/£3 for 6, payable to Withiel Playing Field Association. Postal entries close March 20. Hilly, scenic, rural, one lap, medals. Course record Ronnie James 73:01. Last year: 88 finishers, last finisher 2:17:31
W Martyn, Bookyger, Ruthern Bridge, Bodmin, Cornwall PL30 5LY. Tel: 01208 831301

Wednesday March 26

GILLIGAN 5km
Littleborough. 6.30pm. £2/£3 unatt, payable to Falcon 5km. Undulating. Course record Keith Anderson 14:20
PC 4735 O'Sullivan BEM, Rochdale Police Station, The Holme, Rochdale, OL16 1AG
LAMPLIGHT GRAND PRIX 5 & FUN RUN 2km
Oakleaf Sports Complex, Newton Aycliffe. 7.30pm. £18 grand prix/£24 grand prix unatt/£3.50 on night/£4.50 unatt on night/£2 fun run
Entries and information 49 Bluebell Meadow, Newton Aycliffe, Co Durham DL5 7LY

Cross country

Wednesday March 12

MIDLAND POLICE LEAGUE
Leicester

Saturday March 15

TSB GWENT LEAGUE
Newbridge Fields, Bridgend
NORTH WALES LEAGUE
Oswestry
ORION 15
Surrey
TA LAND COMMAND CHAMPIONSHIPS
Catterick
C/Sgt G Finlayson BEM, HQ Coy 2RRW, Maindy Barracks, Cardiff CF4 3YE. Tel: 01222-227611 ext 8327
VAC 4.8
Belgrave Hall, Denmark Road
Bob Belmore. Tel: 01428-654749

Sunday March 16

KENT WOMEN'S LEAGUE
To be arranged
LINCS LEAGUE
Louth. Noon. Replaces event cancelled on January 5
WEST MIDLANDS YOUNG ATHLETES' LEAGUE
Perry Park, Birmingham
WESTWARD WINTER LEAGUE
Exmouth

Monday March 17

SOUTH WEST POLICE LEAGUE
Liskeard, Cornwall

Wednesday March 19

MIDLAND SERVICES LEAGUE
Tally Ho! Centre, Edgbaston

Saturday March 22

BVAF CHAMPS INCORP. NORTH EASTERN VETS CHAMPS
Silksworth Sports Complex, Sunderland. 1.30pm £3.50 /£5.50 BAF club not affiliated to BVAF and unatt, payable to NEVAC
G Routledge, 5 St Hilda's Avenue, Holy Cross, Wallsend, Tyne & Wear NE28 7AB
KIRKINTILLOCH OLYMPIANS EAST DUMBARTON PRIMARY SCHOOLS' LEAGUE
Parkburn, Lenzie
NORTH WEST LONDON YOUNG ATHLETES' LEAGUE
Alexandra Palace
TSB SCHOOLS' INTERNATIONAL & U20 INTERNATIONAL
Chepstow Racecourse, Gwent

Sunday March 23

ALDBURY 5.3
Aldbury Sports Club. 11am. £3/£3.50 unatt/£4.50 on day. Postal entries close March 16. Tracks, hilly, scenic, rural, one lap, medals. Course record Julian Critchlow 30:24. Last year: 135 finishers, last finisher 67:49
S Newland, 10a Newground Road, Aldbury, Tring, Herts HP23 5RJ. Tel: 01442-851583
DALLAM PARK RACES 5 & 3
Milnthorpe. 2pm. £2/£3 unatt, payable to Dallam SA. Postal entries close March 20. Scenic
N Hakeman, 20 Church Street, Milnthorpe, LA7 7DX
FINCH COASTER TOUGH 10
Lookout Centre, Bracknell. £6/£7 on day, payable to Finch Coasters. Undulating, T-shirts
Race Secretary, 2 Octavia, Roman Hill, Bracknell, Berks RG122 7YZ
NIKE GRAND PRIX YOUNG ATHLETES RELAYS FINAL
Durham
NOTTS MINI LEAGUE
Grove LC, Balderton, Near Newark
RYSTON RUNNERS GRAND PRIX
Shouldham Warren Forest
WARRINGTON AC PARKLAND RACES & RELAYS
Victoria Park, Knutsford Road. Noon. £2/ £3 unatt for ladies,inters, senior men and youths/£1 girls and boys U11/£3 per team relays
N Jones, 46 Dudley Street, Warrington, Cheshire WA2 7BQ

Wednesday March 26

BRITISH POLICE CHAMPS
Heaton Park, Manchester

Fell

Sunday March 16

CHURCH HOUSE FELL
Torver, Coniston
Ken Shuttleworth Tel: 01539-724720

Saturday March 22

SOUTH WALES WINTER HILL SERIES PEN CERRIG CALCH 3
Llanbedr 1500ft

Sunday March 23

CARLINGILL FELL RACE
Howgill, Sedbergh
Ken Shuttleworth Tel: 01539-724720

Multi-terrain

Sunday March 16

BODMIN MOOR 5 TORS 11
Sibleyback Water Park, Common Moor, Cornwall. 10.30am. £4, payable to Common Moor Village Group. Hilly, scenic, rural, one lap, mementoes. Course record Gary Patten 63:17. Last year: 146 finishers, last finisher 2:46:50.
G Weston, Rose Cottage, Common Moor, Liskeard, Cornwall PL14 6EP. Tel: 01579-345444
FOREST OF DEAN TRAILS HALF-MARATHON
CSMA Leisure Park, Parkend, near Lydney. 10am. £4.50/£5.50 unatt/£1 extra on day, payable to Forest of Dean AC. Postal entries closed. Tracks, hard, scenic, rural, one lap, mementoes. Course record Ieuan Jones 74:06. Last year: 212 finishers, last finisher 2:19:00.
Jenny Hanger, 16 Park Road, Five Acres, Coleford, Gloucester GL16 7QS. Tel: 01594-836408

Saturday March 22

CLEVELAND SURVIVAL 26
North York Moors. 8am-9am. £8 payable to Cleveland Survival. Postal entries closed. Tracks, cross country, fell, hilly, scenic, circular route, certificate, badge. Last year: 252 finishers, last finisher 11:00:00
Event Secretary, 36 Cardinal Gardens, Darlington, Durham. Tel: 01609-770564
MEANWOOD VALLEY TRAIL 8
Old Leodiensians' Club, King Lane, Alwoodley. 10.30am. £2.50/£3.50 unatt, payable to Valley Striders. Postal entries close March 17
Geoff Webster, 52 North Park Avenue, Leeds LS8 1EY

Sunday March 23

CLEEVEWOLD RACE 13.5
Postlip Hall Tithe Barn, Winchcombe. 10.30am. £3.50/£4.50 unatt/£1 extra on day, payable to Cheltenham & County Harriers. Hard, hilly, scenic, rural. Last year: 92 finishers, last finisher 2:40:22
Dave McNamee, 2 Cantors Drive, Bishops Cleeve, Cheltenham, Glos GL52 4AW. Tel: 01242-677587
COMBE GIBBET TO OVERTON 16
Overton. 2pm. Free entry, no prizes, cost of coach fare from Overton to start £2.50. Cross country. Course record Mike Bliss 69:59. Last year: 145 finishers, last finisher 3:03:90.
J. Hoare, 5 Sapley Lane, Overton, Hants RG25 3LG. Tel: 01256-770489
GREYHOUND RESCUE 20km
11am. £5, payable to Greyhound Rescue. Postal entries close March 16. Cross country, tracks, hard, hilly, scenic, rural, one lap. Course record Allan Davies 72:34. Last year: 69 finishers
G Norman, 37 Cheriton Crescent, Portmead, Swansea SA5 5LB
GRIZZLY SAUCONY APOCALYPSE YES! 17ISH & CUB 6ISH
Lyme Bay Holiday Park, Seaton, Devon. 10.30am. £8.50/£9.50 unatt/£4 cub run, payable to Axe Valley Runners, no entries on day. Postal entries closed. Hard, hilly, scenic, rural, one lap, mementoes, T-shirts. Last year: 1092 finishers, last finisher 5:30:00
Peter Biggs, Netherleigh, Cooks Lane, Axminster, Devon EX13 5SQ
WIRKSWORTH INCLINE 4 & 2
11am. £3, payable to Wirksworth Well Dressing Association. Postal entries close March 22. Parkland, tracks, fell, hard, hilly, scenic, rural, one lap, medals. Course record Phil Bowler 22:13. Last year: 108 finishers, last finisher 45:09
ARW, Woolley, 11 Pittywood Road, Wirksworth, Derbys DE4 4ED. Tel: 01629-823157

Track

Sunday March 16

HEATON HARRIERS NORTH EAST VETS AC OPEN WINTER STANDARDS
Monkton Stadium, Jarrow. 12.30pm. £1 senior, vets/50p junior/£2 on day/£1 junior on day, payable to Heaton Harriers
Eric Smart, 83 Ashburn Road, Hadrian Park, Wallsend, Tyne & Wear NE28 9UP

Sunday March 23

HAVERING MAYESBROOK WINTER WARM-UP
Mayesbrook Park Arena, £1.50/£2 on the day, per event, payable to Havering Mayesbrook AC
SAE to Ruth & Ray Lovell 20 Langhorne Road, Dagenham, Essex RM10 9QX
KINGSTON AC & POLYTECHNIC OPEN GRADED MEETING
Kingsmeadow Stadium, Kingston Road, Noon, £1/£1.50 on the day
SAE to David Barrington, The Kraal, Wheatleys Eyot, Sunbury on Thames, Middx TW16 6BU. Details AW March 5
NOTTS AC SPRING SPRUCE
Harvey Hadden Stadium, 10am, £1.50 on day
Cameron Sealy 0115 9590069
PENDLE AC OPEN
Seedhill Track, Nelson, Noon, £1 per event, payable to Pendle AC, closing date March 18, no entries on the day.
Mrs M Thompson, 3 Greenfield House, Greenfield Road, Colne, Lancs BB8 9PE Tel: 01282-863813
RADLEY LADIES MEDAL OPEN
Tilsey Park, Abingdon, Oxford
B Rooke, Tel: 01235-522508

Tuesday March 25

EXETER HARRIERS EVENING OPEN
Exeter Arena, 6.50pm, £1.50 per number
Tel: 01392-432398

Indoor

Sunday March 16

WELSH HURDLES CHAMPIONSHIPS
Morfa Stadium, Swansea

Walks

Wednesday March 12

STEYNING WINTER HANDICAP TRACK LEAGUE
Horsham, 7.30pm

Thursday March 13

COLCHESTER HANDICAP
Garrison Track, Colchester, 7.15pm

Saturday March 15

BRITISH ATHLETIC FEDERATION CHAMPIONSHIPS
Stoneleigh, Warwickshire

Sunday March 23

SARNIA CHLCOTT CUP WALK
Albecq, Guernsey, 10.30am

Wednesday March 26

ESSEX CHAMPS & LEAGUE
Hornchurch, 6.30pm

Overseas

Sunday March 16

DONG-A INTERNATIONAL MARATHON
Korea
MARATHON CATULUNYA-BARCELONA
Spain
ROMA CITY MARATHON
Italy

Sunday March 23

CITY-PIER-CITY HALF-MARATHON
Den Haag, Netherlands
IAAF WORLD CROSS COUNTRY CHAMPIONSHIPS
Turin, Italy

FIXTURES

HARROW ATHLETIC CLUB

THE SECOND ICON HARROW 10km ROAD RACE

(Under BAF Rules)

Saturday April 12th 1997 3 p.m.

Changing and Registration: Bannister Stadium, junction at Oxhey Lane (A 4008) and Uxbridge Road (A 410). Rail: Hatch End (BR Euston to Watford line).

Prizes: First twenty men, first three veterans in categories M40, M45, M50, M55, first veteran over 60, first three men's teams of four, first five ladies, first lady veteran, first ladies team of three.

Entry fees: £4 (BAF Club members), £5 (unattached), payable to "Harrow A.C." On the day entries 50p extra.

Send entries to: Dennis Orme, 12 Warden Avenue, Harrow, Middx, HA2 9LW. Enclose S.S.A.E's if acknowledgment/results required.

Sponsored by **ICON** Research and Consulting (UK) Ltd., 31-33 Station Road, Gerrards Cross, Bucks, SL9 8ES (Tel: 01753 893200). Specialists in brand management and N.P.D.

Supported by ***RUNNERSWORLD*** the specialist running shop in Rayners Lane, Harrow.

16th ANNUAL English Lakes Hotels Coniston 14 ROAD RACE

11.00 a.m. SATURDAY 19th APRIL, 1997.
AAA/WAAA £6.00. U/A £6.50

AROUND CONISTON WATER THROUGH STUNNING LAKE DISTRICT SCENERY.
A GREAT DAY PLANNED FOR ALL THE FAMILY.

S.A.E. for an entry form and information on all the days activities:

CONISTON 14, ATKINSON GROUND
BOX AT.1. CONISTON, CUMBRIA LA21 8AE.

HAVERING MAYESBROOK ATHLETIC CLUB

PRESENTS

WINTER WARM UP MEETING

on Sunday 6th April, 1997

MAYESBROOK PARK ARENA, LODGE AVENUE, BARKING

To be held under BAF Rules
MEDALS FOR THE 3 BEST PERFORMANCES IN EACH EVENT

TRACK

300m Hurdles	SM/JM/SW/WU17
1500m	All age groups
300m	Women Under 17
400m	MU17/SW/SM/JM
100m	All age groups
800m	All age groups
200m	All age groups

FIELD

Hammer	Junior/Senior Men/Senior Women
Discus	JM/SM/SW/WU17/GU15/BU15/MU17
Shot Putt	All age groups
Long Jump	All age groups
Javelin	SW/WU17/JM/SM/MU17
Triple Jump	Combined – MU17/JM/SM/WU17/JW/SW

Entry fees all age groups £1.50 per event for postal entries received by 2nd April 1997.

Entries to: Ruth and Ray Lovell - 20 Langhorne Road, Dagenham, Essex RM10 9QX (Telephone: 0181 252 2889). Cheques and Postal Orders to be made payable to **HAVERING MAYESBROOK A.C.** Please send SAE for directions to the Mayesbrook Park Arena and for acknowledgements of postal entries.

CRAWLEY A.C. Open Meeting At Crawley Leisure Centre

On Sunday the 30th March 97 *(The Tom Lintern Medal Meeting)*

	B/G 9/10	GU/13	U/15	U/17	U/20 S/W	B U/13	U/15	U/17	U/20 S/M
60m	12.00								
75m		12.10				12.10			
100m			14.10	14.10	14.10		14.30	14.30	14.30
150m	13.55	13.55				13.55			
200m			12.35	12.35	12.35		12.55	12.55	12.55
300m				14.50					
400m					15.00			15.10	15.10
600m	12.20	12.20				12.20			
800m			13.15	13.15	13.15		13.35	13.35	13.35
1500m			15.20	15.20	15.20		15.40	15.40	15.40
4x100m		16.10	16.10	16.10	16.10	16.30	16.30	16.30	16.30
H.T.				11.00	11.00			11.00	11.00
J.T.		12.00	12.00	15.00	15.00		16.00	16.00	16.00
D.T.			13.00	13.00	13.00		14.00	14.00	14.00
Shot		15.00	15.00	16.00	16.00	14.00	14.00	13.00	13.00
L.J.		11.00	11.00	14.00	14.00	12.00	12.00	12.00	16.00
H.J.		13.00	13.00	12.00	12.00	11.00	11.00	15.00	15.00

Under B.A.F. rules Max: spike length 6mm (Jav. 9mm) Entry fee is £1.00 per event before the day. £2.00 per event on the day. Entries to Mr R. Hopkins, 110, Hoblands, Haywards Heath, Sussex RH16 3NB. All Cheques/Postal Orders made Payable to Crawley A.C. please.

51st ANNUAL THAMES VALLEY HARRIERS ROAD RELAYS

PRIZES!

(For open clubs only) (Under BAF Laws)
(Permit applied for)

SATURDAY 29TH MARCH, 1997

Start: Ladies/Vets, 3 x 3½ miles approx. 2.00 p.m.
Mens 5 x 3½ miles approx 3.15 p.m.
From Stockley Park Industrial Estate.
Fees: £8.00 per team men: £4.00 per team ladies/vets.
Entries to: The Organiser, 43 Haslemere Avenue, London W13 9UH.
Cheques payable to: Thames Valley Harriers
Entries close 17th March, 1997
Sponsored by Puma & Cannons Sports Clubs

Hull Spartan Athletic Club
16th SPRING OPEN MEETING

(UNDER B.A.F. RULES) TO BE HELD AT
THE COSTELLO ATHLETIC STADIUM, HULL
ON SUNDAY, 6TH APRIL 1997

SCHEDULE

GIRLS UNDER 11 YEARS:	**80m**	**600m**						
GIRLS UNDER 13 YEARS:	**100m**	**800m**	**4x100**					
GIRLS UNDER 15 YEARS:	**100m**	**800m**	**4x100**	**75H**	**LJ**	**SP**		
UNDER 17/SENIOR LADIES:	**100m**	**200m**	**800m**	**300H**	**LJ**	**DT**	**SP**	**JT**
SENIOR LADIES:	**400m**	**3000m**	**100H**					
UNDER 11 BOYS	**80m**	**600m**						
UNDER 13 BOYS:	**100m**	**800m**	**4x100**					
UNDER 15 BOYS:	**100m**	**800m**	**4x100**	**LJ**	**SP**			
UNDER 17 MEN:	**100m**	**400m**	**3000m**					
JUN/SENIOR MEN:	**100m**	**400m**	**800m**	**1500m**	**400H**			
	HT	**SP**	**DT**	**LJ**				

ATHLETES WITH LEARNING DISABILITIES (MALE/FEMALE) 100 metre races
AWARDS TO FIRST THREE

MEETING COMMENCES AT 11.30 A.M.
Heats and finals in sprints. All others time trials.
CLOSING DATE: March 20th 1997. No entries taken on the day. ENTRY FEES: £1.00 per event. £2.00 per relay team. ENTRIES TO: Mrs D. Webb, 8 Watson Drive, Hedon, HULL HU12 8LU.
Tel: 01482 896482. Cheques made payable to Hull Spartan A.C.

CROYDON 10K RACE SERIES

ORGANISED BY: CROYDON HARRIERS

1997

IN LIAISON WITH: CROYDON Recreation Services

LLOYD PARK – SUNDAY, 6TH APRIL

Under BAF Laws – Organised by Croydon Harriers
Race 1 – Sunday 6th April 1997 – 10.15am start
Wheelchair start – 10.00am
Distance – 10Km
Entries to – Croydon Sports Council,
c/o C & S Athletics, PO Box 177,
South Croydon, Surrey CR2 8NP
Telephone:- 0181-760 5707
Race Entry Fee: £3.50 for members of Clubs affiliated with BAF
£4.50 for others
Age Groups: Men – Youths/Juniors, Seniors, Vets, O/40, O/50, O/60
Women – Intermediates/Seniors & Vets O/35
Fun Run Entry Fee: £3.50 – All ages
Please use universal entry form. Closing date: 26th March '97.
Enclose SAE 9" x 4" for details and a cheque made payable to Croydon Sports Council.

FIXTURES

IPSWICH HARRIERS
present
SPRING OPEN MEETING
on
SUNDAY 13TH APRIL, 1997
at the
NORTHGATE STADIUM, IPSWICH
First Event 11.00 a.m.

EVENTS:

Under 13 Girls	80m, 150m, 600m, 1500m, 70mH, SP, DT, JT, HJ, LJ
Under 15 Girls	100m, 200m, 800m, 1500m, 75mH, SP, DT, JT, HJ, LJ
Under 17 Women	100m, 200m, 300m, 1500m, 80mH, 300mH, SP, DT, JT, HJ, LJ.
Junior/ Senior Women	100m, 200m, 400m, 800m, 1500m, 3000m, 100mH, 400mH, SP, DT, JT, HJ, LJ, TJ, PV
Under 13 Boys	80m, 150m, 400m, 600m, 1500m, 80mH, SP, DT, JT, HJ, LJ
Under 15 Boys	100m, 200m, 400m, 800m, 1500m, 80mH, SP, DT, JT, HJ, LJ, TJ, PV
Under 17 Boys	100m, 200m, 400m, 800m, 1500m, 100mH, 400mH, SP, DT, JT, HJ, LJ, TJ, PV
Junior/Senior Men	100m, 200m, 400m, 800m, 1500m, 3000m, 110mH, 400mH, SP, DT, JT, HJ, LJ, TJ, PV

Entry fee £1 per event to: Mrs S. L. Cheatham, 13 Longfield Road, Capel St. Mary, Ipswich IP9 2UA. **By Saturday 29th March 1997,** Cheques/PO payable to IPSWICH HARRIERS. No entries on the day. STAMPED ADDRESSED ENVELOPE required for confirmation/timetable.

Please enter me for the following event(s) in the Ipswich Open Meeting on Sunday 13 April, 1997. **CAPITAL LETTERS PLEASE.**

NAME..... AGE GROUP .....

ADDRESS ..... DATE OF BIRTH (if under 20): .....

..... CLUB .....

..... ENTRY FEE .....

EVENT (1)..... PERFORMANCE .....

EVENT (2)..... PERFORMANCE .....

EVENT (3)..... PERFORMANCE .....

LAMPLIGHT '5' SERIES
Starts 7.30pm
Wednesday November 27th
Wednesday December 18th
Wednesday January 29th
Wednesday February 26th
Wednesday March 26th
Wednesday April 30th
Course Records 23.54 Mike McLeod, 26.11 Jill Hunter
Registration & Changing
Oak Leaf Sports Complex, Newton Aycliffe
Contact Chris White 01325 314778
Entries £3.50 Affiliated, £4.50 Unaffiliated

TRAFFORD ATHLETIC CLUB
Stretford Sports Stadium, Longford Park, Edge Lane, Manchester

FLOODLIT MEETINGS
Thursdays 6th and 27th March 1997

ORDER OF EVENTS (7.00 pm start)

1. **3000m** — **All age groups**
2. **60m** — **All age groups down to U11**
3. **800m** — **All age groups down to U13**
4. **150m** — **All age groups down to U11**
5. **1500m** — **All age groups down to U13**
6. **300m** — **All age groups down to U15**

Entries on the night £2
Further info SAE Mike Harris c/o above address

Etonic eon series

THE EAST MIDLANDS GRAND-PRIX SERIES 1997

1000 MILE SPORTSWEAR

THE RUNNING SHOP

The Grand-Prix is based upon the best performance (position) in any five of the following summer evening road races held in the East Midlands

Saturday 26 April 1997 **6.30pm** **No entries on race night (Silverstone 10K only)** Closing date: 19 April	**THE SILVERSTONE GRAND PRIX 10K** Entries to: The Race Secretary, 30 South View, Nether Heyford, Northants, NN7 3NH Cheques to Silson Joggers	**Tuesday** **3 June 1997** **7.45pm** Closing date: 27 May	**THE BEDFORD 6** Entries to: The Race Secretary, 42 Woodstock Road, Bedford, Beds., MK40 4JY Cheques to Bedford & County AC
Wednesday **7 May 1997** **7.45pm** Closing date: 23 April	**THE BROOKLYN FORD RUGBY 6** Entries to: The Race Secretary, PO Box 66, Rugby, Warks., CV22 5PR Cheques to Rugby & District AC	**Tuesday** **10 June 1997** **7.45pm** Closing date: 3 June	**THE WEEDON 10K** Entries to: Mrs J Tibbs 7 Sunningdale Drive, Daventry, Northants., NN11 4NZ Cheques to Human Energy AC
Tuesday **20 May 1997** **7.45pm** Closing date: 13 May	**THE HARBOROUGH 5** Entries to: The Harborough 5 PO Box 21, Market Harborough, Leics., LE16 7GE Cheques to Harborough AC	**Tuesday** **17 June 1997** **7.45pm** Closing date: 10 June	**THE BANBURY 5** Entries to: The Race Secretary 9 Horton Road, Middleton Cheney, Banbury, Oxon., OX17 2LE Cheques to Banbury Harriers AC
Tuesday **27 May 1997** **7.45pm** Closing date: 20 May	**THE CORBY 5** Entries to: Mr W Greig 14 Long Close, Great Oakley, Northants., NN18 8HY Cheques to Corby AC	**Tuesday** **1 July 1997** **7.45pm** Closing date: 24 June	**THE MILTON KEYNES 10K** Entries to: DR M Bromilow Ou Maths Faculty, Walton Hall, Milton Keynes, Bucks., MK7 6AA Cheques to M.K.A.C.

Entry Fee: **Attached** £3.50 In Advance/£5.00 On Race Night **Unattached** £4.50 In Advance/£6.00 On Race Night

THE EAST MIDLANDS GRAND-PRIX 1997

NAME OF THE RACE YOU WISH TO ENTER.....

SURNAME..... **INITIALS**..... **SEX**.....

CLUB.....

AGE CATEGORY (CIRCLE) JM SM M40 M45 M50 M55 M60 M70 JL SL L35 L40 L45 L50 L55 L60

ADDRESS..... **POSTCODE**.....

DATE OF BIRTH..... **GRAND-PRIX NUMBER**..... **FEE ENCLOSED** £.....

I hereby declare that I am an amateur according to BAF laws. I am medically fit to run & understand that I enter at my own risk and that the organisers will in no way be held responsible for any injury incurred during or as a result of the event or for any property lost on the course or in the changing rooms.

SIGNED..... **DATED**..... **PLEASE SEND SAE FOR VENUE DETAILS**



Head to toe



The sixth in a series of articles on self-help muscle maintenance based on Craig Benedict's clinical sports massage techniques. The technique involves manually moving the muscles to separate them and stretch the surrounding connective tissue by working between the muscles

Words: Rod Dunn Illustrations: Robert Gould

The upper leg two

THINK of the upper leg as a four-sided oblong box with muscles running down each side, from the hip to the knee joint:

The front or anterior thigh

THE fleshy bulk at the front of the thigh is formed by four muscles known as the quadriceps. This group consists of three vastus muscles which originate from the thigh bone and the rectus femoris which originates from the pelvis and crosses the hip joint. The vastus medialis extends over the medial or inner thigh and the vastus lateralis spreads over the lateral or outer thigh while the vastus intermedius runs under the superficial rectus femoris.

All four muscles meet at the kneecap, which is a free-floating circular bone formed within the muscle fibres and forms a single tendon known as the patella tendon or ligament which attaches to the tibial tuberosity, the small bone just below the knee-cap (Patella) at the top of the shin.

A fifth muscle, the sartorius, which is the longest muscle in the body, extends from the front of the pelvis above the rectus femoris and runs diagonally in a vague S-shape over the inner side of the knee to be attached to the top of the inner side of the shin.

The three vastus muscles extend the knee joint as does the rectus femoris which also flexes the hip.

Besides producing the power to run up a hill or come up from a squatting position the quadriceps also function as a decelerator when it is necessary to reduce speed when changing direction, running downhill, stopping or landing from a jump.

Rectus femoris also acts as a postural muscle, having a tendency to pull the pelvis down at the front which is counteracted by strong abdominal muscles. Problems with the rectus femoris can therefore result in postural trouble. The sartorius is more of a control rather than a power muscle. It has complex functions, helping to turn the upper leg inwards and helps to flex the hip.

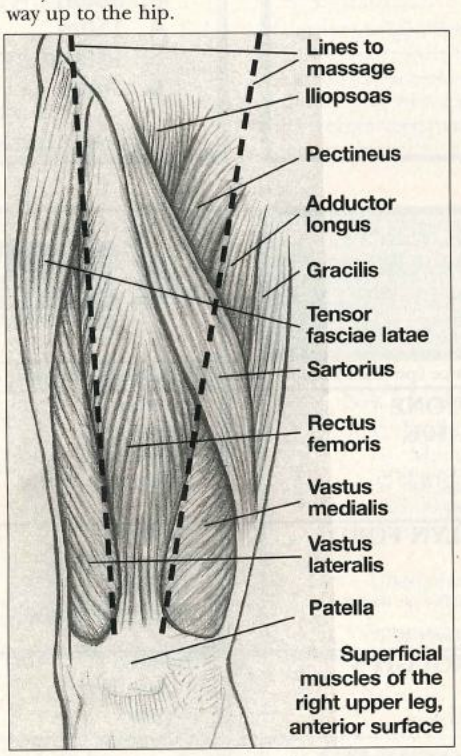
Warm-up

THE quadriceps can be massaged through thin clothing or bare skin using a little lotion or massage oil.

Massage in a seated position with the leg extended in front of you and the knee bent to relax the quadriceps. You may find it useful to rest the foot on a low stool or box.

Visualise three parallel lines of muscles running up from the knee-cap (Patella) to the hip. Briefly tighten and relax the quadriceps by attempting to pull the knee-cap (Patella) up towards the hip with the aid of these muscles. This will help you to visualise the position of the three lines.

Warm up the right quadriceps by placing your thumb into the outer line of muscle just above the knee-cap (Patella) and the fingers anchored into the outer hamstring. Press the thumb between the muscles until a resistance is felt. Then gently pull the muscle 1/4-1 inch away from the mid-line. Continue this all the way up to the hip.



Superficial muscles of the right upper leg, anterior surface

Repeat the entire process with the inner line using the thumb of the left hand. Then, starting just above the knee, hook the fingers of the left hand into the outer line of muscle. To act as a support, place the fingers of the other hand on top and at right angles. Press the fingers between the muscles until a resistance is felt. Then gently pull the muscle 1/4-1 inches towards the mid-line. Repeat all the way up to the hip.

Repeat the entire process with the inner line using the fingers of the right hand to hook between the muscle and the left as the support.

Use this method to warm up the entire belly or bulk of the quadriceps. As the muscle warms up, gradually make the procedure more and more vigorous .

Passive procedure

THIS is an extension of the warm up. With the leg in the same position and using a similar grip separate and 'move' the quadriceps fibres a short distance outward or inward. Repeat this over the entire belly or bulk of the muscles. As the muscles warm up the depth to which the fingers can penetrate will increase.

Move the patella tendon of the right knee by alternately pushing the tendon inwards with the right thumb and outwards with the left thumb. Make a mental note of any particularly sore or tight spots.

Active procedure

REPEAT the above procedure while flexing and extending the lower leg. Hook the fingers or thumb into the muscle as it relaxes and push or pull the muscle as it contracts. With any tight or sore areas, check for inflammation by pressing a finger into it and holding for approximately seven seconds. If the pain decreases or stays the same it is probably not inflamed. The pain will increase if it is inflamed and so should not be worked on directly.

Use this method to determine the size of the inflamed area. Then surround 'the dragon' by working the muscle fibres around the area. Do not over-work tight areas – a maximum of three moves is sufficient to mobilise the muscle fibres and start the recovery process.

Benedict's comment

"Knee pain is often a result of an imbalance of strength and flexibility of the quadriceps.
A common cause is the result of muscle imbalance between the vastus muscles, due to uneven development of strength and flexibility in these muscles. For example, relative under-development of the vastus medialis can result in a problem known as runner's knee. The patella pulls diagonally to one side as it glides up and down. This causes rubbing of the articular surfaces resulting in an inflamed knee, small amounts of muscle damage and build up of scar tissue.
Over-development of the vastus lateralis can cause an excessive outward rotation of the leg, which can result in injury in areas such as the hip.
Excessive tension in the quadriceps caused by poor flexibility can lead to knee pain above and below the patella as well as around the lateral side of the knee.
The sartorius is rarely injured but tension can build up in it resulting in medial knee pain.
As with the hamstrings if these muscles are maintained well, with a good stretching, strengthening and massage regime the possibility of breakdown is minimal."

Craig Benedict teaches clinical sports massage at the Active Associates School of Massage, Tel: 0121-7440598. He can be contacted on 01223-514440.
Clinical sports massage therapist Rod Dunn can be contacted on 01733-577334

Adductors
AW March 26

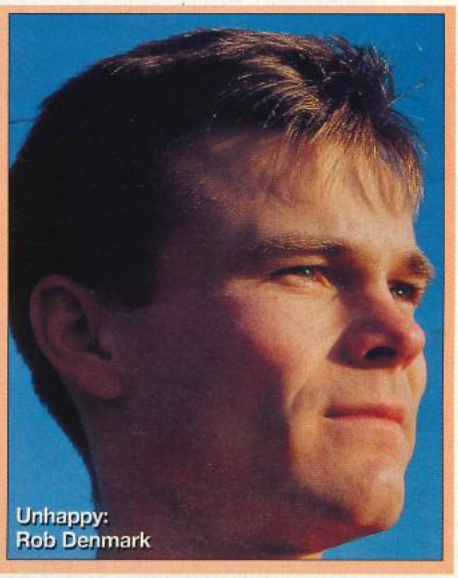
Cross Talk



Send your news and views to: Trevor Frecknall, *Athletics Weekly*, Bretton Court, Bretton, Peterborough PE3 8DZ

Tales of inspiration from the cross country scene

Denmark vow



Unhappy: Rob Denmark

COMMONWEALTH 5000m champion Rob Denmark has vowed not to run next year's World Cross Country Championships after missing selection for this year's event, *writes Bob Frank.*

The AAA 10,000m champion fell over Barry Royden in last week's Trial but was amazed not to get one of the two discretionary places for Turin.

He fumed: "I'm livid. I was convinced I was going to be in the team and I'm absolutely devastated.

"My honesty was my downfall – I should have dropped out. The selectors obviously didn't realise how badly that fall affected me. Barry will testify how bad the fall was – I went flying and was knocked right up in the air.

"It will be their loss in a big way, there's no way I'll run the World Championships next year. I might run the Trial but I won't run the championships.

"I've no malice towards Barry, it happens, and I wish good luck to Dermot Donnelly, but I think I should have been in the team."

The selectors' main concern over picking Denmark was said to be how far he dropped back after the fall. They therefore opted for Irish champion Donnelly, who ran much of the race with one shoe.

Daddy of them all

ANDY BRISTOW, at 35 the oldest of the British team off to the World Championships, puts his return to the big time down to parenthood.

Sixteenth in the World Championships of 1991, the Brighton & Hove athlete says he's back because "the two little ones have grown up. I'm actually sleeping through the night again – and that makes a difference!"

And three-year-old Jamie plus Alex (one) were at Wigmore Valley Park to watch dad clinch his place by finishing sixth in the Trial.

Luton's world

LUTON will become an IAAF Cross Challenge venue – if the series survives its current economic difficulties.

The pledge was given to Luton Borough Council after it teamed up with Reebok to rescue the BAF World Trials.

Praising Luton officials – especially course builder Iain Sanderson – for putting the event on at just three weeks' notice after Northumberland County Council had to withdraw for economic reasons, BAF Cross Country Commission chairman Ken Rickhuss said: "I think there are problems with the World Cross series. But if we could, we would love to do something of that sort of calibre at Luton."

Shorts...

■ RICHARD INCHLEY, secretary of the South of England AA Cross Country Management Committee, has moved to The Oaks, Whaddon Hall, Whaddon, Milton Keynes MK17 0NA (tel/fax: 01908-507017).

■ SEVEN more clubs have received £100 grants from the ECCA Recruit and Retain Sub-committee to help with promoting children's races. They are Bolton United Harriers, Braintree & District AC, Croydon Harriers, East Cheshire & Tameside AC, South London Harriers, Swanley & District AC and West Norfolk AC.

Applications for help with development initiatives to increase participation in cross country should be sent to John Temperton, North of England AA, Suite 106, Emco House, 5/7 New York Road, Leeds, West Yorkshire LS2 7PJ (tel: 0113-2461835 or fax: 0113-2343464).

Blue Moon



Unwanted: Melissa Moon

MELISSA MOON will not be overjoyed with her place in history – but she looks like being the last overseas athlete to compete in a British Cross Country Championships.

The official reason for her being pulled out of the race at Luton when lying third in the finishing straight was that she was wearing an illegal vest. "The size of 'Adidas' is larger than she is allowed to wear by the IAAF," said meeting referee Bryan Smith.

But Moon was adamant nobody told her what to wear – a claim borne out by correspondence between BAF and Athletics New Zealand, which canvassed her invitation into the race.

And BAF Cross Country Commission chairman Ken Rickhuss proffered another reason for not wanting her to cross the finish line: "When we realised where she was, it was a bit disturbing to see ... It's upsetting when this happens to an athlete but I think it was appropriate she should not have run through the finish because it alters results."

Further illustrating the confusion that surrounded the Kiwi, Rickhuss added: "The indications were that she was not a part of the (New Zealand) team."

Moon is, in fact, the national champion for the second successive year, and finished 40th in the World Championships in Cape Town a year ago.

Her attitude: "It cost me a fortune to come over here. I didn't mean to cause a controversy, that's why I got my own athletics body to do all the organising."

The last word belongs to Rickhuss: "I don't think we'll do this again – and that's particularly sad."

Young Athlete

News, gossip and features from the U20 scene

Champion Fletcher pitching in

GOOD training facilities mean a lot to most athletes but they are not everything.

Take newly crowned TSB English Schools' senior champion Karen Fletcher, who trains with Kirk Hallam AC around the roads of an industrial estate and sometimes, in the summer months, on the local cricket pitch.

But the lack of a track, all-weather or cinders, did not stop the South-east Derbyshire College student from romping to her first national schools' title.

"We don't have a track, so most of my training is done around the industrial estate near my home," she said. "Occasionally we go over to the cricket pitch. I suppose that's the nearest we get to a track."

The 17-year-old has been in athletics for three years, saying: "I used to do some at lunch times and after school, then one of the teachers suggested I might like to join the local club. I've been there ever since."

Fletcher's win wasn't a total surprise as she finished 13th 12 months ago in Weymouth and filled seventh place in the Reebok Inter-Counties at Luton in January – behind Jodie Swallow, who won the intermediate race at Newark.

Fletcher, who also won a Great Britain vest when she travelled to Portugal for a junior international and finished in the top 10, had been invited to the BAF World Cross Country Trial at Luton but decided to give it a miss, prefering to concentrate on the Schools' event.

"If I'm running this well next year then I could go for the Trial," said the John Davis-coached athlete.



Karen Fletcher (145): Has achieved success despite a lack of training facilities

A perfect ambassador

DANIEL HYDE, winner of the thrilling senior boys' race at the TSB English Schools' Cross Country, must be Devon's most popular 'deserter'.

After spending his formative years with Torbay AC, about 10 miles from his home, the 19-year-old moved to Swindon to be with a quality group of U20s which includes Matt O'Dowd, last year's English National junior cross country champion.

But his county team manager Robert Clarke says: "Daniel has been a marvellous ambassador for Devon Schools. He has always been there to help younger athletes and talk with them."

His success at Newark might inspire a few, too.

Hyde explains that he linked up with O'Dowd and his famous coach, Bruce Tulloh, when he was in the depths of despair.

"I'd just finished 25th in the World Trials at Durham in 1995 and was very disappointed," he said. "On the train back to Bristol, I happened to sit beside Bruce and Matthew - and I said, 'Please help me'."

In exchange for the help, he has become the first English Schools' cross country champion coached by Tulloh. Even Richard Nerurkar, the marathon man who has won three English National senior titles, never finished higher than 14th in an English Schools'.

Ron Pickering Memorial Fund award winners

AS MONEY from the National Lottery is now to be used for the support of individual sportsmen and women from next April, the Trustees of the Ron Pickering Memorial Fund have decided there is no longer a need for the £1000 Scholarships which have been given in previous years to the most talented young athletes who applied for help.

Instead they have decided to spread their net wider. Trustees have decided to concentrate on those with little or no sponsorship from other sources and in 1997 have allocated support grants to 196 young athletes – an increase of 50 per cent over previous years.

A full list of these is as follows

Name	Club	Event
Sam Allen	(Rown)	Dec/Oct
James Archampong	(Swan)	110H
Paul Archer	(B'hth)	SP/DT
Helen Arnold	(Ports)	HT/SP
Abigail Ashby	(Rown)	Hept
Tracy Ashcroft	(J&H)	800
Richard Aspden	(Bel)	HJ
Lawrence Baird	(Clee)	400
Andrew Bargh	(T Sol)	400H
Leo Barker	(Diss)	Dec/LJ
Alice Basford	(Mans)	100/200/LJ
Graham Beasley	(Lut)	200
Antonia Bemrose	(AFD)	HJ
Andrew Benn	(B'hth)	HT/JT
Carol Bennett	(Hull Spr)	SP
Christina Bennett	(E&E)	SP
Sarah Bennett	(Bir)	5kmW
Rachel Beverley	(Mand)	HT
Andrew Blackmore	(Telf)	800
Maria Bolsover	(Hallam)	300
Denise Bolton	(Wig)	100H
Dan Brewer	(B'hth)	110H
Emma Brooker	(Ips)	1500/3000
Robert Brown	(Els)	2km/3kmSC
Adrian Browne	(WSE)	TJ
Kelly Brownhill	(Traff)	800
Sarah Bull	(Der)	800/1500
Samantha Burns-Salmond	(Traff)	HT
Mark Bushell	(NEB)	LJ/Dec
Lucy Carter	(Bed)	100/200/400
Daniel Carter	(B'tree)	JT
Russell Cartwright	(Cov)	1500
Thomas Cartwright	(Cov)	800
Lucy Chaffe	(Ex L)	200/400
Dwain Chambers	(Har)	100
James Chatt	(Dart)	100/200/400/400H
Richard Churchill	(S'forth)	110H
Rhian Clarke	(Ex L)	PV
Sarah Claxton	(C&T)	LJ/100
David Clerihew	(Edin)	LJ
Adrian Cluskey	(B'hth)	SP/DT
Claire Concannon	(Hallam)	400
Rufus Cooper	(Houn)	PV
Fyn Corcoran	(Corn)	Dec/400H
Andrew Corey	(Stoke)	PV/400
Wendy Cox	(Gates)	200
Chloe Cozens	(Bed)	Hept/HJ
Joanne Cozens	(Bed)	Hept/TJ
Justina Cruickshank	(Traff)	TJ
Carl Daly	(NEB)	400H
Steven Daley	(Elan)	100
Natasha Danvers	(Croy)	100H
Chris Davies	(Telf)	3000
Emma Davies	(And)	800
Luke Davis	(Tip)	100
Mark Davis	(Corb)	PV
Jared Deacon	(Morp)	400
Zoe Derham	(Yate)	HT/DT
Matthew Dixon	(Wig)	800/1500
Alasdair Donaldson	(Pit)	400/800/1500
Nicholas Dowsett	(W Gn)	110H/LJ
Rebecca Drummond	(Stoke)	100
Tracey Duncan	(Ex L)	400H
Michelle Dunkley	(Kett)	HJ
Gareth Dyball	(W Gn)	HJ
Michael East	(Ports)	1500/800
Mark Edwards	(Charn)	SP
Katherine Evans	(Cov)	JT
Claire Everett	(CoNorw)	Hept
Simon Eyre	(Craw)	800
Liz Fairs	(Hallam)	100H
Mark Faulkner	(T Sol)	LJ
Justin Ferns	(HW)	800/400H
Mark Findlay	(B'hth)	100/200
Ross Fittall	(Durs)	1500/800
Ben Flint	(Roth)	PV
Michael Flyod	(Sale)	HT

Diary dates

■ **Saturday March 22**
TSB SIAB Cross Country International, Chepstow, Wales
■ **Saturday April 26**
TSB SSAA Primary Cross Country Championships, Kirkcaldy, Scotland
■ **Saturday May 10 and Sunday May 11**
TSB SAF East District Championships, Meadowbank, Scotland
TSB SAF West District Championships, Crown Point, Scotland
■ **Sunday May 11**
TSB SAF North District Championships, Inverness, Scotland

Alternative marathon

IF THERE is anyone who is interested in running a 3km for fun instead of watching the Flora London Marathon on Sunday April 13, then why not pop along to Wollaton Park, Nottingham, at 2.30pm. Entry fee is £2 for children and £3 for adults and there's a medal for all finishers.

Entries should be sent to NSPCC Notts Appeals Office, 2 Albert Road, Ripley, Derbyshire DE5 3FZ with a cheque or postal order made payable to NSPCC Registered Charity (Fun Run) along with a SAE.

Melissa's Newark nightmare

NEWARK's pancake-flat course and tendency to whip up strong winds almost caused Melissa Forster to give the TSB English Schools' a miss.

The 16-year-old from Northumberland was dreading returning to the Showground. Last year she finished fourth in the intermediate girls' event and the following week she travelled to Newark for the National Championships and ran terribly.

"I was 40th or something like that in the U17s and it looked even worse because I was running among the U20s," she explained.

But the Morpeth Harrier had no real worries as she completed the 4.5km schools' circuit to finish second.

"I was a bit apprehensive about running at Newark after my experience last year," she said. "To make matters worse, I got quite a bad start, but I managed to keep my head. The course was slightly different to last year and that encouraged me."

Rachel Forrest	(Bir)	HJ
Kate Forsyth	(NSP)	100H
Mark Francis	(S&D)	JT
Helen Frost	(Bir)	400
Catherine Garden	(Pit)	HT
Nicola Gautier	(Traff)	Hept/SP
Karen Gear	(N Dev)	300/400
Elizabeth Gibbens	(Brom)	TJ
Anthony Gill	(Bing)	110H
Allen Graffin	(Ton)	CC/5000
Andrew Graffin	(Ton)	800/1500/5000
Daniel Graham	(Liv)	HJ
Dion Graham	(Ex L)	200
Clifton Green	(Med)	JT/Oct
Andrew Grierson	(Read)	HT
Craig Guite	(Roth)	PV
Simone Hardy	(Kett)	800/1500
Aaron Harris	(B'hth)	100
Fiona Harrison	(Barns)	100/LJ/PV
Sarah Harrison	(SB)	HT
Sam Haughian	(Houn)	1500/5000
Christine Head	(CoNorw)	JT/Hept
Jade Himsworth	(Holb)	800
Julie Hollman	(Peter)	Hept/LJ
Ian Horsburgh	(Edin)	400
Nina Howley	(Sheff RWC)	5kmW
Nicola Huckerby	(Bir)	5kmW/10kmW
Jodie Hurst	(Stoke)	TJ
Phillips Idowu	(Bel)	TJ
Lindsay Impett	(Wimb)	400
Jilly Ingman	(Barns)	800/1500
Jade Johnson	(HHH)	LJ/100
Pamela Johnstone	(EWM)	400H
Susan Jones	(Wig)	HJ
Jennifer Kemp	(Liv P)	JT
Natalie Kerr	(RSC)	DT/SP
Ross Kinder	(TVH)	HT
Tom Kingsnorth	(W-Bath)	1500SC/800
Simon Lees	(SSH)	800/1500
Ben Lewis	(Bir)	100/200
Christian Linskey	(Barns)	PV
Katherine Livesey	(B&F)	Hept
Martin Lloyd	(Bex)	HJ
Michelle Mann	(Prest)	1500/3000
Chantell Manning	(Ex L)	100
Antonio Matarazzo	(Chelt)	100/200
Thom Mayo	(C&S)	1500
Richard McDonald	(SB)	400H/TJ
Colin McMaster	(Law &D)	HJ
Carl McMullen	(Warr)	400H
Richard McNabb	(Roth)	400
Paul Miles	(Bir)	PV
David Mitchinson	(Swin)	2km/3kmSC
Daniel Money	(Sale)	100/200
Stuart Monk	(Lough)	10kmW
Andrew Murphy	(SB)	1500SC
Carl Myerscough	(B&F)	SP/DT
David Naismith	(D&C)	400
Kevin Nash	(AFD)	3kmSC
Matthew O'Dowd	(Swin)	3kmSC
Ellen O'Hare	(Ciren)	800/1500
David O'Leary	(Liv)	100H
Stuart Ohrland	(Chelm)	HJ
Alex Oldfield	(Tip)	5000
Juliette Oldfield	(Bir)	1500
Lesley Owusu	(WSE)	100/200/400
David Parker	(SB)	JT
Michael Parper	(Bel)	400
Zoe Peatfield	(Stock)	800
Tanya Povey	(SRR)	3km/5km
Julie Pratt	(ExL)	100H
Lucy Rann	(IoW)	JT

Other athletes over 20

Nicholas Budden	(CoNorw)	400
Catherine Charnock	(BinF)	3/5/10kmW
Diana Holden	(Houn)	HT
Helen Pattinson	(Prest)	1500

WIN a pair of Reebok shoes!





Identify!

HERE's this week's opportunity to win a pair of Reebok Interval training shoes worth £59.99.

All you have to do to stand a chance of winning a pair of these versatile shoes is identify the faces behind these two pictures.

Send your answers to Athletics Weekly, Young Athlete/Week 10, Bretton Court, Bretton, Peterborough PE3 8DZ to arrive no later than Wednesday March 19, 1997.
*Don't forget to state your name, address, age, school/club and shoe size.
*Usual EMAP rules apply.

RESULT ... RESULT ...

WINNER of the Reebok week seven competition is 13-year-old Nichola Kennedy from Birkenhead, Wirral.

Nichola correctly unsrambled the words Thorn Klaym, Shy Hits Limps and Blag Rocker as British internationals Mark Hylton, Phylis Smith and Roger Black.

Well done Nichola, a pair of Reebok Interval shoes will soon be with you.

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Road

March 9

BALLYCOTTON 10
Cork

NOEL BERKELEY set out positively to defend his title as the race lived up to its pre-race expectations of being the best in the 19-year history of the event.

Berkeley threw down the gauntlet from the gun, going through the mile in 4:20 with only Keith Anderson trying to stay in touch. The pair went through two miles in 9:01 and were still together at three (13:45) but by halfway (23:12) Berkeley, who has a PB of 47:17, had opened a gap.

Berkeley was 14 seconds clear at 10km (28:58) with freary heading the chasing pack some 800m back. Berkely then went through seven miles in 32:51, eight in 37:45 and nine in 42:47 on his way to victory.

Despite a difficult uphill last mile-and-a-half, Berkely clocked 47:38 to become only the third runner to win race for a second time (the others, Liam O'Brien and John Griffin went on to win four times).

Anderson, in second, was pleased with a PB, feeling there is more to come as he approaches 40.

John Ngugi, still troubled by the leg injury which forced him to drop out at Woking last week, worked his way through the field, finishing seventh in 50:56.

In a record field of 1300 runners, the battle between Marian Sutton and Cathy Shum was intense with both breaking Karen MacLeod's course record of 55:34.

Sutton, recently back from a training stint in New Zealand, had a 10 second gap at halfway, reached in under 27 minutes. But Shum closed the gap slowly and took the lead at eight miles. Sutton hung in and went to the front in the closing stages and holding on by one second in a thrilling finish.

Men

1 N Berkeley (DSD) 47:38; 2 K Anderson (Bing) 48:15; 3 P Matthew (DSD) 49:45; 4 P Freary (Bolt) 49:59; 5 P McKinney (Civ S) 50:01; 6 J Kearney (E Cork) 50:39; 7 J Ngugi (KEN) 50:56; 8 J Kelly (S Liv) 51:13; 9 D O'Mahony (E Cork) 51:39; 10 Z Byrne (Rah) 51:44; 11 D Hooper (Rah, M40) 51:58; 12 T O'Halloran (Dub) 52:09; 13 B Gristwood (ESM) 52:10; 14 P Murphy (Lee) 52:15; 15 B Hingston (DSD) 52:38; 16 E Coppinger (Civ C) 52:42; 17 J McGee (Lee) 53:04; 18 J Collins (Lee) 53:11; 19 M Kearney (Civ C) 53:12; 20 L O'Mahony (Eagle) 53:19; 21 C O'Connell (St Fin) 53:29; 22 A Rowe (Wesh) 53:33; 23 L O'Brien (E Cork, M40) 53:39; 24 P Harty (W Water, U21) 53:40; 25 I O'Sullivan (UCC) 53:42; 26 R O'Brien (Clon) 53:45; 27 S Rouse (Notts) 53:47; 28 M Fennell (Civ C) 53:49; 29 B O'Rourke (Lee) 53:57; 30 M Drake (E Cork) 53:59; 31 N McGuinness (D'dealgen) 54:16; 32 M Rossiter (Don) 54:21; 33 C Crowley (Rah, M40) 54:22; 34 M Cotter (Lee) 54:29; 35 G Barry (E Cork) 54:47; 36 T Fitzgerald (W Lim) 54:52; 37 P Weathers (Mill, M40) 54:55; 38 J Moriarty (Tral) 54:55; 39 G Mullane (Lim, M40) 54:59; 40 J Wallace (E Cork) 55:01; 41 E Meade (E Cork) 55:02; 42 D Corcoran (Civ S) 55:04; 43 P Ryan (St Fin, M45) 55:07; 44 P O'Mahony (Lee) 55:12; 45 C Deasy (Cov) 55:21; 46 M Sutton (West, W) 55:28; 47 C Shum (Clon, W35) 55:29; 48 P Pearce (N Herts) 55:31; 49 T Burns (Water) 55:32; 50 B Feery (Clon) 55:37; 51 J Hogan (Wrex) 55:43; 52 C O'Neill (Luc, M40) 55:45; 53 B Hackett (Luc) 55:58; 54 B Iawler (Civ S) 56:08; 55 D Noonan (NAAS, M45) 56:12; 56 J O'Driscoll (Mill, M40) 56:15; 57 T Duggan (St Jos) 56:19; 58 D Twomey (W Musk) 56:26; 59 J Rankin (Don, M40) 56:39; 60 D Collins (Lee) 56:44; 61 P McMahon (Luc) 56:45; 62 M Lowe (St Johns) 56:46; 63 M Switzer-Paddock (Wrex) 56:47; 64 L Willden (B&F, M40) 56:48; 65 R Flannery (Riocht) 56:49; 66 L Kennedy (Water) 56:53; 67 P Dinan (Togh) 57:03; 68 D Killackey (Lim) 57:06; 69 E Keville (Rath) 57:08; 70 S Mannix (Bark) 57:14; 71 G McMahon (Notts, M40) 57:19; 72 L O'Leary (St Fin, M50) 57:22; 73 J Odriozola (Crus, M40) 57:26; 74 B Fox (Clon) 57:28; 75 F Cashman (E Cork, M45) 57:29; 76 K Mulcahy (St Fin) 57:29; 77 A Wright (Red) 57:30; 78 S Crawford (E Ant) 57:33; 79 B Brown (Wrex, M40) 57:35; 80 D Crane (B&F) 57;39; 81 J Murphy (Reen, M40) 57:44; 82 B Nolan (Rath) 57:44; 83 T Woods (UCC) 57:45; 84 D Quinn (TOC) 57:45; 85 T Cody (Midd, M40) 57:45; 86 J Kenyon (Bolt, W35) 57:47; 87 G Cantwell (W Water) 57:52; 88 M Simm (St Hel) 57:52; 89 K O'Dwyer (St Cath, M40) 56:11; 90 M Convey (Ath) 58:13

M40: 16 P Hegarty (Eagle) 58:16; 17 J Houghton (B&F) 58:17; 18 W O'Riordan (St Bren) 58:41; 19 W Hayes (St Fin) 58:41; 20 D Horgan (Midd, M40) 58:45; 21 F Higgins (DSN) 58:53; 22 C Lyons (W Water) 59:01; 23 S Bellis (Wrex) 59:16; 24 S Elliott (Notts) 59:24; 25 T Twomey (E Cork) 59:31; 26 N Aherne (Midd) 59:36; 27 J McCarthy (Mall) 59:47; 28 P Wright (Rath) 59:50; 29 J Copithorne (B'gooly) 59:50; 30 J Murphy (Eagle) 59:59

M45: 4 D Madigan (Rath) 58:40; 5 P Dempsey (Lee) 59:45; 6 B Collins (Lim) 59:53

M55: J Garagher (Chelt) 60:54

M60: F O'Leary (St Fin) 62:38

M65: B Booth (E Ant) 73:03

M70: M Corish (Rah) 95:56

Women

1 Sutton 55:28 (rec); 2 Shum (W35) 55:29; 3 Kenyon (W35) 57:47; 4 N O'Sullivan (Riocht) 61:12; 5 O Nolan (Rath, W35) 61:22; 6 C Hennessy (New R, W35) 62:14; 7 M Sweeney (St Fin, W35) 62:25; 8 C Parnell (Lee, W40) 63:33; 9 B Murphy (Lee, W40) 64:17; 10 A Kearney (Clon, W45) 64:47

W50: K Boyle (Kilk) 76:40

WIMBLEDON 10km

NOW in its second year, this event attracted over 1100 runners which, according to organiser Neville Taylor, "makes it one of the largest 10km fields in the South," *Pete Mulholland reports.*

As an added bonus for Taylor his protege Jon MCallum won in a course record after being chased in the final stages by GB World Marathon Cup representative Dan Rathbone.

McCallum, now recovered from his pulled calf muscle sustained when with the leading runners in the Reebok Inter-Counties, set the early pace with Rathbone, Nick Anderson, Richard Godden, Tim Craddock and Neil Miller in close attendance.

The pack soon broke up as McCallum upped the stride rate with Rathbone and Anderson the only takers.

Hitting the steep climb of Wimbledon Hill Road almost half way into the race McCallum struck and at the summit had created a gap of 10m on Rathbone with Anderson a similar distance further back.

McCallum looked to have the race sewn up as he headed towards the downhill stretch but then Rathbone began to close to draw level at the five-mile marker.

Entering the final stretch leading to the finish Rathbone struck for home as he edged ahead but McCallum, with a 3:51 1500m to his credit was not to be denied as he surged again to cross the line a tantalising five seconds away from the 30-minute barrier.

McCallum, unable to compete in the BUSF indoor champs, made a late decision to run here and said later: "That was a hard run but there was no problems with the calf."

Meanwhile Rathbone confidently heads towards the Flora London Marathon where he aims to better his best of 2:18 and "Perhaps a chance of making the World Championship squad.

Clare Pauzers outclassed the field as she easily took the women's race - after having finished 30th the previous day in a strength sapping National - as she headed her team-mate Sally Dawson by a little over two and a half minutes.

With the course passing the end of her road Pauzers said: "As it was local I decided to use this as a hard training run in preparation for London."

Men

1 J McCallum (Croy) 30:05 (rec); 2 D Rathbone (B&H) 30:07; 3 N Anderson (Houn) 31:04; 4 R Godden (Old G) 31:15; 5 T Craddock (unatt) 31:21; 6 N Miller (unatt) 31:31; 7 R Foley (Bel) 32:02; 8 G Price (S&D, U20) 32:47; 9 P Harland (Ton) 33:05; 10 M Kazmierski (Bel) 33:20; 11 E Brown (Bas, M40) 33:27 (M40 rec); 12 M Edmonds (E Ex Tri) 33:42

M40: 2 D Hoddinott (K&P) 36:03; 3 R Wilkins (Coll) 36:52; 4 D Niven (B&MH) 37:11

M45: 1 L Collins (S'oaks) 35:07; 2 R Maddock (Elm) 36:35; 3 S Badgery (HW) 36:54; 4 J Chandler (VAC) 36:54

M50: 1 P Giles (unatt) 37:44; 2 R Bale (Bel) 39:24

M55: 1 M Thompson (Ox C) 38:30; 2 P Warren (Rane) 38:59

M60: K Spacie (THH) 38:17 (M60 rec)

M65: N Stuart-Thorn (SWVAC) 42:16 (M65 rec)

TEAM: 1 Belgrave 105; 2 Ranelagh 194; 3 Collingwood 255; 4 Croydon 280; 5 Elmbridge RR 295; 6 Veterans AC 303

Women

1 C Pauzers (HHH) 36:30; 2 S Dawson (HHH, W35) 39:03; 3 C O'Donoghue (Sutt R) 40:53; 5 N Stamford (Serp, W45) 41:37

W55: S Lambert (Serp) 44:58

TEAM: Serpentine

STAFFORD 20

CITY of Stoke recruit Ray Plant retained his Stafford 20 title in a time almost two minutes faster than his winning 1996 time, *Dave Edwards reports.*

The former Midland 10,000m and steeplechase champion, totally destroyed the opposition with an aggressive, but controlled piece of front running.

Plant, Craig Watters and Wirrall veteran Pete Kilgallon were clear of the field at five miles, reached in a shade over 25 minutes. Plant and Watters remained inseparable and by nine miles, Kilgallon had slipped 40m off the pace.

Plant astutely timed his attack as the duo hit the long climb at 11 miles. Watters paid for his earlier efforts as he was reeled in by Kilgallon and by 14 miles Plant was 50m up on Kilgallon, with Watters dropping a further 50m in arrears.

Plant continued to drive home his advantage. "I was intent on going for a time better than last year, so I just kept pushing the pace along as best I could," he said.

Plant finally took the tape in 1:48:05, at which point he had extended his lead over Kilgallon to over two minutes. In doing so he retained he Staffordshire crown. Third placed Watters had the consolation of taking the county silver, with fourth placed Malcolm Eustace scooping bronze.

Evergreen Christine Kilkenny was made to fight hard for her win, and the Staffordshire crown, by fellow veteran Maggie Thompson of PMAC. Kilkenny led from gun to tape, but Thompson remained a threat and was never far behind. However, Kilkenny held the upper hand and duly completed her victory in 2:14:33, with Thompson taking the Staffs silver. Stafford Harriers' improving veteran Lynn Lee lifted the bronze.

Men

1 R Plant (Stoke) 1:48:04; 2 P Kilgallon (Wirr, M40) 1:50:09; 3 C Watters (Oak Park) 1:51:39; 4 M Eustace (Ald) 1:53:22; 5 S Smith (Kidd) 1:58:23; 6 D Talbot (PMAC) 1:55:34; 7 D Wood (Kidd, M40) 1:58:23; 8 P Chesterfield (Carn RR) 1:59:50; 9 A Russell (Bab) 1:59:52; 10 E Reynolds (Chor) 1:59:54; 11 S Hughes (S Ches) 2:01:46; 12 G Bennett (Reebok) 2:01:50; 13 J Keeling (PMAC, M40) 2:02:12; 14 M French (Staff, M40) 2:02:12; 15 P Douglas (Staffs, M45) 2:02:23

M55: R Cashmore (RSC) 2:15:59

M60: G Barnard (SMM) 2:44:04

M65: J McLellan (SMM) 2:55:15

Staffs Champs

Men: 1 Plant; 2 Watters; 3 Eustace

M40: 1 Keeling; 2 French; 3 Douglas

Women

1 C Kilkenny (C&S, W40) 2:14:36; 2 M Thompson (PMAC, W45) 2:15:50; 3 P Buckingham (Guern) 2:16:49

W35: L Lee (Staffs) 2:17:17

W50: A Bland (N Vets) 2:24:40

W55: G WWeatherall (PMAC) 3:05:48

Staffs Champs

Women: 1 Kilkenny; 2 Thompson; 3 Lee

W35: Weatherall

WYMONDHAM 20

KEITH McLELLAN described his victory as a "19 mile warm-up to a one-mile race" after he had triumphed in 2:01:05, *Martin Duff reports*.

The Luton veteran added: "I was running the indoor 3000m championships in Birmingham last week, so to come straight to 20 miles was a big step, both mentally and physically."

McLellan took the M40 European Championships silver medal at the National Indoor Arena and was clearly wary of the distance. Nevertheless, he now feels more confident about his London Marathon attempt next month.

Five runners broke clear right from the start at Morley College and stayed together until 15 miles. With the leaders at that point was leading M55 Peter Andrews, but he had to call it a day with sore legs. "It was just a case of waiting for the last mile" added McLellan "and then breaking away." That he did, opening out a gap of nearly 200 yards on second placed Dale Hurren by the finish.

McLellan added the Eastern Vets title for good measure, while Anne Hazell took both the women's race and the Eastern vets championship, from W40 Frances Cooke, who is now back to full racing mode.

Men

1 K McLellan (Lut, M40) 2:01:05; 2 D Hurren (Cof Norw) 2:01:31; 3 B Scott (Mansf, M40) 2:01:36; 4 S Elvin (Norw RR) 2:03:50; 5 T Hudson (Cof Norw, M45) 2:04:49; 6 P Goreham (Newm, M55) 2:06:17;

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7 K Jones (Mansf) 2:07:33; 8 R Wold (Felix) 2:07:48; 9 K Prior (Bigg, M45) 2:08:39; 10 S Gillson (Granta, M40) 2:08:55
Eastern Veterans' Championship
M40: 1 McLellan; 2 Scott; 3 Gillson
M45: 1 Prior; 2 G Shrimpton (Halst); 3 C Russell (Mansf)
M50: J Bone (G Yar RR)
M55: N Bonham (Sawst)
M60: K Overy (G Yar) 2:17:30
M65: P Thomas (Colch H)
Women
1 A Hazell (Bish St, W35) 2:16:37; 2 F Cooke (March B, W40) 2:21:27
W45: D Braverman (C&C) 2:29:59
W50: K Taylor (B'water) 2:44:32
W55: U Duckworth (Bed) 2:51:16
Eastern Veterans' Championship
W35: 1 Hazell; 2 V Walters (Kett)
W40: Cooke
W45: Braverman
W60: Duckworth

HEREFORD LEISURE CENTRE 20

Cheltenham's new signing Kevin Spillman raced to a fine victory, *Kevin Fahey reports*.

Mark Pearce from Hereford Couriers and Wye Valley's Susan Sherwood won the Herefordshire County Championships with Mike Chandler and Joy Williams picking up the respective vets awards.

Men
1 K Spillman (Chelt) 1:53:25; 2 D Hamling (Bridgn) 1:56:06; 3 J Allen (Bridgn) 1:56:09; 4 D Wilde (Bridgn) 1:57:35; 5 K Wakerley (Birch) 1:59:24; 6 M Pearce (HC) 2:01:02; 7 C Davies (Sev) 2:01:55; 8 I Jones (Card Tri) 2:02:03; 9 M Lee (Bury) 2:02:56; 10 A Adams (Bir Row) 2:03:09
M40: 1 W Hill (Cran) 2:02:10; 2 M Chandler (Wye) 2:05:54; 3 P Richardson (Worcs) 2:06:26
M45: P Douglas (Staff) 2:09:44
M50: M Varcoe (Bridgn) 2:10:21
M55: R Beacham (B&R) 2:25:35
M60: G Kay (Stone M) 2:15:21
TEAM: Bridgnorth
Women
1 E Turner (Les C) 2:12:05; 2 K Leigh (Todmor) 2:19:01; 3 P Goldthorpe (Morley) 2:23:46; 4 J Quinn (unatt) 2:24:14
W35: 1 J Clarke (Stourbdg) 2:31:48; 2 S Neal (Les C) 2:35:36; 3 J Williams (Shrop) 2:37:20
W40: S Harrison (Wood) 2:30:03
W45: S Hume (unatt) 2:35:09
W50: L Gooch-Harding (Card) 2:31;34
W55: C Ashcroft (Shrop) 3:09;19
TEAM: Shropshire Shufflers

MAD MARCH HARE 20 Dorset

Men
1 D Hurdwell (B'mth) 1:50:06 (rec); 2 B Nixon (B'mth) 1:56:32; 3 P Walker (Poole R) 1:57:39; 4 A Bada (Soton) 1:57:56; 5 J Brian (B'mth) 1:58:50; 6 R McIlmurray (B'mth) 2:00:03; 7 M Minnett (Poole R) 2:00:10; 8 P Sexby (Bram S) 2:00:53; 9 A Clements (Wim) 2:01:35; 10 L Palmer (RMS) 2:01:59
M40: 1 D Cox (Poole R) 1:519:35; 2 A Johns (Chase M) 2:02:12; 3 B Amor (Egdon) 2:04:07
Women
1 L Craig (Serp, W35) 2:2:03; 2 F Anderson (Egdon,W35) 2:21:47; 3 D Mellor (Chase M) 2:28:10
No. of finishers: 286
100: S Gaze (Unatt) 2:30:13
200: D Downey (Unatt) 2:54:26

WYMONDHAM 10

Men
1 C Simpson (Norf G) 55:44; 2 S Huntington (Norf G) 56:20; 3 P Mingay (Cof Norw) 57:02; 4 P Woodyat (Cof Norw) 58:36; 5 N Arnold (unatt) 58:46; 6 P Davies (Norw RR) 58:48
M40: D Brown (Cof Norw) 58:52
M45: K Edwards (Norw RR) 61:37
M50: P Smith (Wyc P) 59:58
M55: H Barnfather (Granta) 76:28
M60: E Ripley (Cof Norw) 79:45
Women: J Seitert (Lowes) 64:48
W35: J Harvey (unatt)
W40: Y Parker (Holb) 67:56
W45: B Hutcheon (Cof Norw)
W50: M Stevens (unatt)
W55: A Martin (Wym)

PONTEFRACT 10km

IN excellent conditions, Malcolm Price and Penny Thackray set records in this popular event which attracted 430 entries, *Roger Norton reports*.

Price wanted a race and there was nothing in the north-east so the Sunderland man travelled south prepared for a fast race – but he had to do it on his own for he soon shook off the opposition. The course is exposed, particularly the first half, and Price said he found the wind difficult in places although he was not troubled by the sharp climb out of Wentbridge village just after halfway. He looked comfortable throughout and his effort was rewarded with a best for the distance on the road. It also took 32 seconds off Paul Roden's five-year-old record.

Eddie Irving continued his outstanding series of wins in the veterans' section finishing eighth overall.

Disappointed with her run in the BAF Cross Country Trials, Thackray decided against travelling to the National and gave her confidence a boost by taking 25 seconds off Carol Greenwood's record. She finished 30th overall and was never headed in the women's race which was of such a high standard that last year's winner Denise Johnson finished sixth.

Men
1 M Price (Sun) 30:00 (rec); 2 D Bond (Ask) 31:03; 3 B Farquharson (Mans) 31:12; 4 D Watson (Holm) 31:17; 5 J Convery (Hors) 31:21; 6 D Leather (Barns AC) 31:24; 7 S Smith (Wake) 31:33; 8 E Irving (Bing, M40) 31:46; 9 L Collingwood (Roth) 31:53; 10 J Davey (2nd Sig Reg) 32:38; 11 J Maitland (P&B) 32:43; 12 D Ward (D&S) 32:47; 13 T Fee (Der) 33:08; 14 J Ewart (Holm, M40) 33:22; 15 D Brooksbank (Barns AC) 33:32; 16 A Cooper (Wake) 33:35; 17 A Howden (Leeds) 33:36; 18 P Roberts (Roth) 33:37; 19 S McLaughlin (Wake) 33:38; 20 R Lawrence (Harrog) 33:40; 21 W Aylesbury (Leeds) 33:45; 22 L Field (Roth) 33:47; 23 C West (Kipp) 33:50; 24 T Massey (Nidd) 33:50; 25 H Burdett (New M, M40) 33:55
M40: 4 C Gill (St Th) 34:41; 5 S Green (Clee) 35:05; 6 A Gregory (Roth) 35:08; 7 T Lonergan (Bing) 35:22; 8 R Ainley (Hallam) 35:23; 9 B Shepherd (St Th) 35:33; 10 B Deal (unatt) 36:10
M50: 1 M Palfreyman (Roth) 34:29; 2 M Walker (Gosf) 34:44; 3 D. Collingwood (Ask) 38:19
M60: K Bingley (Ack) 41:13
Women
1 P Thackray (Hallam) 34:58 (Rec); 2 E Fee (Bir) 36:17; 3 C Wolstenholme (Hallam, W50) 38:26; 4 A Beecroft (Wake) 38:26; 5 S Garrod (GVS, W35) 38:45; 6 D Johnson (Spen, W35) 38:58; 7 D Dean (Spen, W35) 39:23; 8 L Westlake (Barns AC, W35) 40:17

BRIAN ASHWORTH MAD MARCH HARE 4 Littleborough

SHAUN MORAN from Leigh and Aldershot's Phil Harwood tied for first place and the share of a new course record, *Trevor Baxter reports*.

They could not be separated at the finish and clocked 20:08, 10 seconds faster than third-placed Des Gibbons of Altrincham. On an ideal running day, the top three all bettered the old course best of 20:22 by Malcolm Fowler.

Men
1eq S Moran (Leigh)/P Harwood (AFD) 20:08; 3 D Gibbons (Alt) 20:18; 4 K Smith (Todm) 20:22; 5 T Taylor (Midd) 20:39; 6 S Bailey (Wig) 20:47; 7 S Duxbury (Rossen, M40) 20:54; 8 M Bradley (Midd) 20:58; 9 K Ogden (Midd) 21:00; 10 A Rule (Sale, U18) 21:00; 11 R Howarth (Midd) 21:25; 12 P Ogalbe (Bing) 21:49
M45: A Melling (Wig) 22:30
M50: C Keogh (Roch) 25:13
M55: D Edge (O&R) 25:05
Women
1 F Aston (E Ches) 24:00; 2 C Waterhouse (Hali) 24:21; 3 L Melling (Los) 26:23; 4 A Templeton (Bux, M40) 26:30; 5 G Leary (Hali, M40) 26:33

NUCLEAR ELECTRIC SAXMUNDHAM 10km

STEVE NEAL took the lead from the start in this undulating and rural single lap race, *Martin Duff reports*.

The Royal Air Force runner gradually increased his lead on 21-year-old Mark Raine and came home nearly 250 yards clear. Colin Pitts was a close third, as Tony Seakins took the veteran award by finishing a good fifth behind Paul Aston.

Dee White led her Woodbridge Shufflers team to a comprehensive women's team victory.

Men
1 S Neal (RAF) 32:06; 2 M Raine (St Ed P) 32:54; 3 C Pitts (Stow St) 33:00; 4 P Aston (Unatt) 33:05; 5 T Seakins (Colch H, M40) 33:24; 6 D Salter (Ips J) 33:48; 7 D Fiske (Norw RR) 34:13; 8 M Whitelock (Lowes RR) 34:48; 9 C Prewer (Ips Tri) 34:55; 10 P Whybrow (Lowes RR, M40) 35:43
TEAM: Lowestoft Road Runners 39
Women
1 D White (W'bridge Sh) 41:31; 2 J Marks (unatt) 44:08; 3 J Griffiths (Felix RR) 44:15; 4 S Leonard (Thet) 44:23; 5 J Cox (W'bridge Sh) 45:49
W35: L Gaine (Colch H) 43:32

INVERNESS HALF-MARATHON

FRASER CLYNE set a veteran course record when defeating a field of 592 to win the 13th edition of this race while Trudi Thomson bettered the women's course record when finishing 17th overall for her second win in four years.

Men
1 F Clyne (Metro, M40) 67:54; 2 R Hope (CoE) 69:28; 3 N Milovsorov (Metro) 69:39; 4 M Ferguson (CoE) 70:06; 5 B Fieldsend (I'ness) 70:54; 6 P Morrison (C'negie) 71:37; 7 A Reid (P'head) 72:16; 8 A Ward (CoE) 72:18; 9 D Armour (C'negie) 72:21; 10 A Duncan (B Pit, M50) 73:26; 11 J Gemmell (C'nock, M40) 73:59; 12 D Cowie (Forres, M40) 74:06; 13 K Riddle (unatt) 74:18; 14 S McKenzie (Nairn) 74:26; 15 S Reeve (Moray) 74:27; 16 P Jones (A'deen) 75:10
M50: 2 J Linaker (B Pit) 76:09; 3 G Mitchell (I'ness) 78:58; 4 W Scullion (A'deen) 79:42
M55: 1 A Kay (Dund RR) 89:55; 2 A Smith (A'den) 91:11; 3 C Summers (Cosmic) 93:59
TEAM: 1 City of Edinburgh 14; 2 Metro Aberdeen 32; 3 FMC Carnegie Harriers 40
Women
1 T Thomson (B Pit, W35) 75:18; 2 T Brindley (A'deen) 76:47; 3 E Christie (SVHC, W40) 85:39; 4 C Mangham (Cosmic) 89:13; 5 L Trahan (Garioch, W35) 89:26; 6 P Lemoncello (Fife, W45) 91:21; 7 D Monro (Dund, W35) 91:23; 8 S Hay (HHR, W45) 92:48; 9 G Kirkwood (Unatt) 93:00; 10 M Thompson (Moray) 93:11

PLYMOUTH HOE 10

ALLISTER BRISTOW completed the double by winning the race and the Devon Championships title, *Kevin Fahey reports*.

Plymouth Harriers' Chris Cook claimed the runner-up spot just ahead of Tony Marshall of North Devon Road Runners.

Exeter's Michelle Wannell, though, missed out. Despite winning the race - the day after taking 24th place in the National - she had failed to enter the championships so the title went to Plymouth Harriers' Angela Allen.

Men
1 A Bristow (Erme) 52:52; 2 C Cook (Ply H) 53:23; 3 T Marshall (NDRR) 53:33; 4 N Holmes (EV) 54:17; 5 S Anderson Ply H) 54:34; 6 I Barrett (Brix) 55:33; 7 G Seward (Exe, M40) 55:42; 8 J Johnston (Exe, M45) 56:01; 9 J Mann (Torb) 56:25; 10 A Hitchens (Brix) 56:49; 11 N Mytton (Plym) 57:15; 12 F Fox (Crewk, M40) 57:38; 13 P Spry (unatt) 58:00; 14 P Sparkes (EV) 58:07; 15 A Martin (NDRR) 58:10; 16 R Court (Tor, M45) 58:15; 17 P Tabenor (Ply H, M50) 58:24; 18 P Lockett (Newq RR, M50) 58:34; 19 P Rigler (Bide) 58:39; 20 G Felton (NDRR) 58:42
M45: 3 L Clarke (Tamar) 59:30
M55: R Andrews (ECorn) 61:16
M60: P Watson (Torbay) 61:36
TEAM: 1 Plymouth Harriers 49; 2 Erme Valley Harriers 49; 3 Torbay 77
Women
1 M Wannell (Exe) 58:43; 2 A Allen (Ply H) 59:27; 3 H Grimshaw (Houn) 63:59; 4 C Armstrong (SWRR, W40) 68:13; 5 S Rideout (Crewk, W45) 71:39; 6 T Lambert (Navy) 72:17
W35: R Crowle (E Corn) 73:36
W50: T Gilbert (Brix) 77:27
TEAM: 1 Plymouth Harriers 20; 2 South West Road Runners 58; 3 Torbay 59

NORTHERN VETS' MONTHLY RUN Leigh, Lancs

POLICE objections to the original course at Ormskirk resulted in a hastily arranged race and a reduced turn-out, *Gareth Webb reports*.

Salford's Steve Williams wasn't to let this affect him, however, as he continued his fine run of form in this winter's series by notching up another comprehensive victory.

Frank Reilly, in second, produced one of the day's best runs to take the M50 award.

M40 (10km)
1 S Williams (Salf) 33:50; 2 F Reilly (Stock, M50) 34:43; 3 D Gaynor (Liv PS) 34:49; 4 T Peers (Leigh, M45) 35:16; 5 P McAuley (N Vets, M45) 35:17; 6 P Sinnott (E Ches) 36:03; 7 M Selby (N Vets, M50) 37:06; 8 S Edmonds (Sale, M45) 37:18; 9 D Walton (Alt, M50) 37:25; 10 E Hitchin (Sale, M45) 37:30; 11 P Buck (Salf, M45) 38:07; 12 D Helps (Leigh) 38:30; 13 S Sacks (Salf, M55) 38:40; 14 B Pickersgill (Long, M50) 38:54; 15 B Green (Sale) 39:10; 16 D George (Sale, M45) 39:11; 17 P Brennan (Salf, M60) 39:26; 18 L Vaughn-Hodkinson (Wirr, M60) 39:48; 19 P Dibb (Long, M60) 40:03; 20 J Goulder (Sale, M45) 40:24
M55: 2 G Harrison (Horw) 44:16; 3 M Schofield (Alt) 44:56
M65: 1 D Howarth (Leigh) 42:50; 2 A Walsham (Salf) 45:14; 3 A Singh (Long) 49:46
M70: 1 J Perkins (N Vets) 51:15; 2 A Fearnley (Bol) 57:28; 3 F Lisbirel (N Vets) 62:37
Women
1 A Foster (Bol, W45) 40:50; 2 S Selby (Bol, W35) 40:56; 3 S Crehan (Sale, W40) 43:16; 4 J Adams (N Vets, W45) 44:29; 5 C Pickard (Sale, W45) 47:10

BISHOPS CLEEVE 10km Cheltenham

Men
1 C Penny (Stour) 31:02; 2 D Walmsley (Bourt) 31:09; 3 A Doel (Swan) 32;28; 4 T Hughes (WHH, M40) 32:36; 5 C Frapwell (Stroud) 32:39; 6 E Smith (Bath) 32:45; 7 G Summers (Worc) 33:29; 8 G Payne (George, M40) 33:31; 9 P Richadson (Worc, M40) 34:45; 10 A Peach (Worc) 34:51; 11 N Parker (Pres, M40) 35:41; 12 D Green (Chelt) 35:57; 13 J Mayhew (T Pir) 36:00; 14 E Travis (unatt) 36:10; 15 A Mayhew (T Pir) 36:43
M50
1 T Smith (Chelt) 37:07; 2 G Smith (Banbury) 38:37; 3 M Pearce (Swin) 39:52
Women
1 W Jones (Ciren) 37:17; 2 R Jones (Newp) 42:56; 3 L Smith (Worc) 43:35
W35: J Hopkins (HC) 44:16
W45: S Lee-Smith (Ban) 51:39

LAC CLEANING STOUR VALLEY 10km

Men
1 A Fisher (Tiptree) 35:14; 2 R Hill (Ips J) 35:22; 3 P Williams (St EP) 36:29
M40: B Murphy (unatt) 48:37
M45: D Game (Witham) 39:35
M50: D Mullane (Tiptree) 40:56
M55: J Griffiths (Stowm) 50:29
M60: J Roberts (Witham) 41:31
M65: B Quillian (Bild) 53:00
U20: M Field (St EP) 36:29
Women
1 G Leathers (St EP) 40:28; 2 C Tisbury (Harw) 42:07; 3 S Watson (Saff) 42:50
W35: H Cybyk (Witham) 47:25
W40: J Grimwood (Newm) 51:34
W45: J Goodridge (Newm) 47:47
W50: H Powell (unatt) 49:25
Fun Run
Boys
U15: 1 J Murray (unatt) 7:20; 2 B Tanner (H Hares) 7:26; 3 M Beasley (St EP) 7:41
U11: 1 M Dickenson (unatt) 4.32; 2 R Fisher (Tiptree) 4.44; 3 S Beasley (St EP) 4:59
Girls
U15: 1 K Mason (W Suff) 8:09; 2 J Tanner (H Hares) 8:12; 3 G King (Hals) 8:17
U11: 1 D Tatum (Hals) 4:17; 2 A Molkert (W Suff) 4:24; 3 D Hall (Unatt) 4.47

RONHILL ISOSTAR SPIRE 10 Chesterfield

Men
1 L Hurst (Bel) 51:03; 2 D Suter (Notts) 51:38; 3 D Mason (Salf) 52:40; 4 G Hill (Stock) 54:12; 5 C Soden (OWLS) 54:20
M40: C Moss (unatt) 58:14
M45: C Singleton (Kimb) 58:42
M50: P Thorley (Sheff) 60:51
Women
1 K Webster (Mat) 56:40; 2 W Jacques (unatt) 58:17; 3 T Eastwood (Steel) 61:14; 4 R Mawhood (Unatt) 61:15
W40: A Rich (RNAC) 62:07
No. of finishers: 312

DAVID LLOYD RINGWOOD 5km

Men
1 B Glenton (Soton) 15:17; 2 M Twomey (Soton) 15:27; 3 D Hitching (Havant) 15:47; 4 B Bailey (AF&D, M40) 15:58; 5 R Thompson (Soton) 16:25; 6 G Jones (Soton, M50) 16:41; 7 N Hotson (Soton, M40) 16:45; 8 R Walley (Soton, M40) 17:06; 9 M Holder (Soton) 17:22; 10 J Joyce (T Sol, M40) 17:30

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Women
1 J Jones (unatt) 17:43; 2 M Bradley (AF&D) 18:21; 3 C Hunt (New F) 18:46; 4 J Riley (Soton) 19:32; 5 J Hansford (L'down) 19:41; 6 M Milligan (Stubb) 20:46; 7 R Osborn (New F, W45) 21:29; 8 D Ash (L'down) 21:45; 9 C Lindsell (Soton) 22:43; 10 D Alam (unatt) 22:53

PEGASUS 8

Men
1 R Simon (Card) 42:29; 2 D Jones (Trots, M40) 44:45; 3 K Morgan (Les C) 45:41
M40: 2 A Jeffreys (Swan) 46:26; 3 P Ellis (Les C) 46:33
TEAM: Les Croupiers
Women
1 D Chick ((Newp) 49:00; 2 D Phillips (Cleddau) 52:37; 3 H Davies (Card) 54:31
W35: D Newhams (S Dom) 57:29
No. of finishers: 90

LASSWADE 10 Bonnyrigg

Men
1 G Booth (Miz) 51:06; 2 D Hart (Falk) 53:15; 3 I Veitch (Miz) 53:21; 4 I Stewart (C'gie, M40) 55:21; 5 G Thomson (C'gie, M40) 55:41; 6 D Law (KF Cor) 56:14; 7 C Hutt (Unatt) 56:24; 8 K Hood (KF Cor) 56:43; 9 I Duff (Unatt) 56:47; 10 A Scott (Stan Life) 57:24
U20: D Veitch (L'wade) 68:20
M40: 2 R Greenaway (Cent) 57:52
TEAM: Falkirk 27
Women
1 S Ridley (EWM) 61:50; 2 K Meikle (L'wade, W35) 63:32; 3 G Lindsay (L'wade) 65:05; 4 E O'Shea (Edin Un, U20) 65:34; 5 G Hanlon (Dund H, W40) 68:14; 6 A Gerrard (L'wade) 68:33
TEAM: Lasswade 11

STOUR VALLEY 15

Men
1 H Beasley (SEP) 87:14; 2 J Russell (M40) 88:53; 3 R Gray (Omega) 92:19; 4 A Smalls (Unatt) 94:08; 5 P Cobden (Witham) 95:04; 6 G White (Bild, M40) 96:02; 7 G Cobden (Witham, M40) 96:15; 8 M French (Col H, M40) 97:39; 9 A Mason (S'fields) 99:02; 10 G Sexton (Tip, M50) 1:40:37
M55: P Oldman (Lowes) 109:59
M60: R Foster (Bill S) 111:52
M65: R Ellis (Bill S) 118:46
Women
1 D James (Stowm, W35) 99:31; 2 P Field (SEP, W35) 1:44:21; 3 E Newman (Gt Bentley J) 1:48:47; 4 L Tanner (C&T, W40) 1:50:08; 5 J Pardon (Biller, W40) 1:51:23
W45: J Midleton (SEP) 1:57:40
No. of finishers: 123
100: N Kelleway (M45) 2:14:44

STOUR VALLEY 10km

Men
1 A Fisher (Tip, M45) 35:14; 2 H Emmerton (M45) 35:20; 3 R Hill (Ips J, M45) 35:22; 4 P Williams (SEP, M40) 36:29; 5 M Cobbold (SEP) 37:02
M50: D Mullane (Tip) 40:56
M55: R Francis-Darby 43:20
M60: J Roberts (Witham) 41:31
M65: B Quinlan (Bild) 53:00
U20: M Field (SEP) 37:54
Women: G Leathers (SEP) 40:28
W35: C Tisbury (Harw) 42:07
W45: J Goodridge (Newm J) 47:57
W50: H Powell (Unatt) 49:25
No. of finishers: 72

March 8

ROYAL EXECUTIONER 20

Men
1 A Graham (Newp) 1:49:52 (rec); 2 J Comrie (Roth) 1:52:37; 3 G MacDonald (Willing) 1:52:45; 4 S Leverton (N Der) 1:56:13; 5 R Edwards (Kett) 1:57:33; 6 L Hemmings (NVH) 1:58:13; 7 P Galpin (BRJ) 1:58:17; 8 J Grant (Werr J, M40) 1:59:29; 9 M Winstone (Kett) 2:02:22; 10 J Cowley (North P) 2:02:59
M40: 3 J Norton (Shett) 2:08:12
M45: M Bravin (N Der) 2:12:12
M50: H Watson (Shett) 2:08:12
M55: G Patton (Mass F) 2:05:39
M60: G Oliver (Hinck) 2:15:43
Women
1 K Armstrong (W35) 2:12:48 (rec); 2 A M Hughes (Shett) 2:15:28; 3 N Hector (Ely, W35) 2:27:33
W40: S Woods 2:37:56
No. of finishers: 281
100: B Goose (Peter Police, W35) 2:31:50
200: J Washington (Unatt) 2:52:36

BISHOPSCOURT RACES

Men (9km)
1 J Patience (NBH) 28:55; 2 I O'Neill (ED) 29:16; 3 I Speirs (NBH, M45) 29:24; 4 D Fisher (BD) 29:41; 5 P Rogers (Newc) 29:41; 6 R Wilson (WTH) 30:56
Men (3km)
1 S Poole (Anna) 8:33; 2 R Girvan (Anna) 8:37; 3 I O'Neill (ED) 8:39; 4 M Shields (NBH, M40) 8:42; 5 D Wright (Anna) 8:46; 6 R Blakely (Anna) 8:49; 7 E Christie (NDH) 9:29; 8 R Brown (BD) 9:32; 9 D Melville (Unatt) 9:36; 10 J Glover (LV, M45) 10:09
U16
1 R Gillespie (LV) 9:28; 2 J Byrne (ED) 9:36; 3 F Tumelty (ED) 9:41; 4 S Eccles (ED) 9:46; 5 D Berry (ED) 10:04; 6 C Talvert (BD) 10:13
U14
1 S Watters (WTH) 10:23; 2 F McLarnon (LV) 10:31; 3 S Roulston (WTH) 10:33;
Women
1 J McCartney (ND) 37:29; 2 J Walker (Alb) 40:27
U14 girls (3km)
1 L Mailey (WTH) 11:31; 2 J Vance (ED) 11:44; 3 L Fryer (ED) 12:15

SRI CHINMOY 5km Edinburgh

Men
1 M Colligan (FVH) 15:03; 2 S Campbell (Miz) 15:04; 3 A Douglas (VP) 15:09; 4 C Meek (Liv) 15:21; 5 I Veitch (Miz) 15:31; 6 D Blackie (CoE) 15:33; 7 C Farquharson (HBT) 15:35; 8 S Bissett (KF Cor) 15:39; 9 S Ogg (C'negie) 15:41; 10 A Donnachie (CoE) 15:49
M40: K Redpath 16:40
M50: I Fitzgerald (Bella) 19:12
M60: I Grainger (SVHC) 23:56
Women
1 E Cochrane (Glas) 17:59; 2 D Nixon (Edin U) 19:16; 3 J Thomson (Glas) 19:20; 4 D McDonald (HBT) 20:00; 5 J Kennedy (Unatt) 20:57
W50: K Gourlay (Arb F) 24:23

DUNKY WRIGHT 5.5 Clydebank

Men
1 T Murray (Spango V) 26:04; 2 AAdams (C'dale) 26:26; 3 K Idessane (C'dale) 26:47; 4 T Hearle (K'chan) 27:30; 5 G Gibson (K'chan) 27:35; 6 M McQuaid (Falk) 27:49; 7 K Rankine (Falk, M40) 28:02; 8 N Altmann (Edin U) 28:13; 9 S Kelly (RAF Leuc) 28:19; 10 A Lees (G'cube) 28:20
M40: 3 P Walsh (Dum'ton) 29:46
M50: V Daly (Troon) 3:46
TEAM: 1 Clydesdale 22; 2 Kilbarchan 25; 3 Spango Valley 28
Women
1 C A Thomson (Glas) 31:11; 2 H Chung (Shett) 32:42; 3 H Slimon (Glas) 32:48
W35: M Blacker (Glas) 34:33

SRI CHINMOY 5km Edinburgh

Men
1 M Colligan (Falk) 15:03; 2 S Campbell (Miz) 15:04; 3 A Douglas (V Park) 15:09; 4 C Meek (Living) 15:21; 5 I Veitch (Miz) 15:31; 6 D Blackie (Edin) 15:33; 7 C Farquharson (HBT) 15:35; 8 S Bissett (KF Cor, U20) 15:39; 9 S Ogg (C'gie) 15:41; 10 A Donachie (Edin) 15:49
M40: K Redpath (Living, M45) 16:40
M50: I Fitzgerald (Bella) 19:12
M60: I Grainger (SVHC) 24:23
Women
1 E Cochrane (Glas) 17:59; 2 D Nixon (Edin U) 19:16; 3 J Thomson (Glas) 19:20; 4 D MacDonald (HBT, W35) 20:00; 5 J Kennedy (unatt) 20:57; 6 J Ross (Edin) 21:04
W50: K Gourlay (Arb F) 24:23

March 6

ISLE OF MAN SPRING 6 Douglas

M40 (H'cap)
1 T Bates (IOM Vets) 35:41 (43:51); 2 R Radcliffe (Northern) 34:04 (44:24); 3 S Kelly (Northern) 34:27 (44:37); 4 D Gell (Northern, M50) 42:28 (44:38); 5 L Carr (Manx) 37:37 (44:47); 6 A Pilling (IOM Vets, M45) 40:34 (45:04); 7 P Cooper (IOM Vets, M45) 36:28 (45:08); 8 T Coleman (Northern, M50) 44:39 (45:09); 9 A Postlethwaite (Northern, M45) 34:26 (45:16); 10 M Packard (Northern) 39:15 (45:25); 11 J Murphy (Manx) 40:04 (45:44); 12 M Gellion (IOM Vets) 36:11 (45:51); 13 I Crawford (IOM Vets) 35:46 (45:56); 14 E Brew (Northern, M55) 46:06 (46:06); 15 A Gault (Western) 42:26 (47:25)
W35
1 A Cain (IOM Vets) 44:44 (44:44); 2 J Mooney (Manx) 40:00 (45:10); 3 C Bathgate (Manx, W40) 46:00 (46:00)
No. of finishers: 25

TSB FIFE PRIMARY SCHOOLS' RELAY CHAMPIONSHIPS Kirkcaldy

Primary seven boys
1 St Margaret's 25:06 (R Brewer; S Walker; P McLoskey); 2 Hill of Beath 26:05 (M Rankine; M Hotchkies; S Brown); 3 McLean 26:12 (S Hyslop; R Kemp; R Gibson)
Primary six boys
1 St Marie's 26:31 (D Stevenson; G Harley; D McFarlane); 2 Thornton 26:38 (S Gourlay; S Mcandrew; R Patrick); 3 Townhill 26:54 (C Miller; K Ford; F Beveridge)
Primary seven girls
1 Camdean 28:56 (N Stewart; B Carter; D Scott); 2 McLean 29:25 (V Watt; A Tullis; L Barr); 3 Dunnikier 29:56 (J Dowswell; K Ballantyne; F Duncan)
Primary six girls
1 Aberdour 29:41 (F Heneghan; C Tulloch; E Newsome); 2 Mclean 31:12 (S Whitehill; C Saunders; R Gordon); 3 Warout 31:33 (S Scott; S Carr; S O'Neil)

March 5

MINEHEAD RC SEAFRONT 3

Men (3M)
1 A Masters (Mine) 16:44; 2 C Passmore (Tiv) 17:24; 3 D Berry (Mine) 18:24; 4 R Osborne (KCT) 18:52; 5 T Slade (Mine) 19:24; 6 E Wilkes (KCT) 25:25
U17
1 S Bosley (Mine) 15:34; 2 G Chatwood (Taun) 16:27; 3 A Hall (Mine) 17:19; 4 L Randall (KCT) 17:43; 5 R Ware (Mine) 18:02; 6 B Ritchie (KCT) 18:22; 7 T Harding (SWRR) 18:49; 8 G Poland (KCT) 19:29; 9 M Graham (THS) 19:44; 10 J Talbot (KCT) 19:53
M40
1 R Lewis (Mine) 17:04; 2 R L Eaton (Taun) 17:11; 3 M Hunt (Taun) 17:59; 4 M Beevers (SWRR) 18:37; 5 P Whitfield (Unatt) 18:45
M50: 1 D Holmes (Taun) 18:41; 2 J Lethaby (Mine) 20:33
U14 (1.5M)
1 N Merrick (Danes) 8:46; 2 C Longdon (THS) 9:09; 3 B Li (KCT) 9:11; 4 A Smith (Mine) 9:35; 5 H Guest (KCT) 9:47; 6 A Don (KCT) 10:01; 7 D Langley (KCT) 10:21; 8 T Hall (Mine) 10:39; 9 C Howard (Mine) 11:17
U12 (1.5M)
1 A Baker (Danes) 9:20; 2 J White (Danes) 9:31; 3 J Rosling (Danes) 10:05; 4 H Pascall (Taun) 10:07; 5 T Rivett (Danes) 10:17; 6 S Creech (Mine) 10:30; 7 T Williams (Danes) 10:43; 8 M Wheeler (Danes) 10:46; 9 J Leach (THS) 11:10; 10 A Hutchinson (Danes) 11:15
U10 (0.75M)
1 R Ayres (THS) 4:48; 2 J Morrish (THS) 4:48; 3 W Evans (Mine) 4:58; 4 E Whitfield (Danes) 5:02; 5 J Menheneott (THS) 5:12; 6 P Baker (Crow) 5:13; 7 L Payne (Mine) 6:14
Women (3M)
1 C Edis (KCT) 20:30; 2 C Fisher (Taun) 21:07
W35: 1 M Small (Mine) 21:00; 2 A Coles (Mine) 21:58; 3 M Stacey (Tiv) 22:30
U17 (3M)
1 L Evans (Mine) 19:21; 2 B Passmore (SWRR) 20:16
U12 (1.5M)
1 J Taphouse (Mine) 10:51; 2 A Phillis (Mine) 11:11; 3 M Hutter (THS) 12:38; E Backhouse (THS) 13:23; 5 K Ansley (THS) 13:28; 6 K Wojenoda (THS) 14:05
U10 (0.75M)
1 B Pascall (Taun) 5:18; 2 R Holmes (KCT) 5:21; 3 F Pascall (Crow) 5:30; 4 L Rosling (Crow) 5:49; 5 A Lewis (Danes) 5:54; 6 T Rosling (Danes) 5:54; 7 S Baker (Danes) 5:55

KINGFIELD CANTER HANDICAP 3 Woking

Men
1 J Chamberlain (Phil Pet) 25:08; 2 A Thornburn (TVH) 25:24; 3 G Cunning (Running 60s) 25:32
Fastest Men
1 W Busuttil (Phil Pet) 15:46; 2eq J Brown (Wok)/Chamberlain 17:23

CRYSTAL PALACE HANDICAP 5km

Men
1 D McLeod (unatt) 27:58; 2 C Fitzgerald (unatt) 28:32; 3 T Collinridge (unatt) 28:50
Fastest
1 J Huntingford (Camb H) 16:57; 2 T Lyons (Kent) 18:45; 3 McLeod 18:58

HARINGEY SCHOOLS' LEAGUE New River Sports Centre

U20 boys
MATCH: 1 Northumberland Park 85; 2 Fortismere 87; 3 White Hart Lane 114
1 R Hubbard (Fort) 8:01; 2 A Shevet (H Wood) 8:02; 3 S Dixon (STM) 8:05
Open: 1 L Rockett (NP, Staff) 14:04; 2 R Kennedy (H Wood, Yr11); 3 I Pouncett (Fort, Yr12)
TEAM: Fortismere
U20 girls
MATCH: 1 Fortismere 20; 2 Highgate Wood 30; 3 Highgate Wood B 48
1 M Shrimpton (Fort) 9:54; 2 J Rallis (Fort) 9:55; 3 K Napier (N Park) 10:08; 4 R Samuel (Lang) 10:10; 5 H Yeeles (Fort) 10:27
Open: 1 R Bunting (Fort, Yr9) 5:34; 2 C Boxce (STM, Y11) 8:54; 3 K Langham (WHL, Yr9) 9:22
TEAM: St Thomas More 40

March 2

BIDEFORD HALF-MARATHON Devon

Men
1 M Rush (Bide) 67:34; 2 S Milford (Newq RR) 70:46; 3 T Marshall (N Dev) 70:54; 4 R Drage (Tav) 71:48; 5 L Zone (IoW) 72:33; 6 P Hockin (Bide) 72:54; 7 R Selby (Exm, M45) 75:25; 8 S Groombridge (Tav, M40) 75:35; 9 B Sivitor (Bide) 76:21; 10 P Chesterfield (Carn) 76:49; 11 P Sturtridge (Bide, M40); 12 S Dryden (Newq RR) 78:02; 13 A Kennedy (Exm) 78:20; 14 M Orchard (Newq RR, M45); 15 V Johnston (Exm) 80:11
M40: 3 N Lawson (SWRR) 81:50
M45: 3 J Cronk (Can G) 85:17
M50: 1 M Yeo (SW Vets) 80:28; 2 R Smith (Newq RR) 82:15; 3 D Wood (Tiv) 83:06
M55: 1 R Andrews (E Corn) 81:16; 2 R Porter (Hayle) 96:33; 3 K Chorley (S Mol) 1:42:18
M60: 1 P Watson (Torb) 81:08; 2 N Stuart-thorn (SW Vets) 93:21
TEAM: Bideford
VET TEAM: Bideford
Women
1 J Griffiths (Exm) 85:56; 2 H Leach (Exe) 87:08; 3 M Zazzi (Stock) 92:49
W35: 1 A Ford (S Mol) 98:14; 2 J Bradley (SWRR) 99:10; 3 L Cowley (Exm) 1:48:28
W40: L Dawe (Newq RR) 1:43:15; 2 C Duckham (SB) 1:45:30; 3 A Curnow (Hayle) 1:49:34
W45: 1 M Wood (Tiv) 1:53:04; 2 L Oke (Bide) 2:03:20; 3 J Waller (Teign) 2:04:55
TEAM: North Devon RR

ST ANNES 10 Lancashire

Men
1 G Hill (Stock) 54:12; 2 D Hanson (W Yorks FB) 54:20; 3 M Crook (Pres) 54:44; 4 P Muller (B&F) 54:45; 5 I McDonald (Lancs FB, M40) 54:47; 6 P Howdle (Humb FB) 54:56; 7 I Murphy (Strath FB) 55:05; 8 A Row (Wesh) 55:30; 9 E Wilson (B'burn, M40) 56:21; 10 B Gardner (L&M) 56:56; 11 I Clinch (Pres, M40) 57:12; 12 Ph Derbyshire (Wig P, M40) 57:23; 13 A Metcalf (Lancs FB) 57:35; 14 M Cafferky (Gt Man FB) 57:49; 15 P Sandford (L&M, M40) 57:52; 16 E Ranicar (Gt Man FB, M45) 57:55; 17 N Hume (N Flyde) 58:08; 18 M Gregory (B&F) 58:10; 19 T Ellis (N Flyde) 58:20; 20 D Gregory (C le M) 58:27; 21 A Clarkson (C le M) 58:51; 22 Pa Derbyshire (Wig P) 59:02; 23 P Jones (Warks FB, M40) 59:09; 24 D Walker (N Flyde, M40) 59:33; 25 P Ormerod (Gt Man FB, M40) 59:42
M50: E Duffy (Ross) 60:08
M55: A Rogerson (Fbanks) 74:45
M60: J Winters (B&F) 69:43
M65: J Sawford (L&N) 73:48
M70: A Hodgson (Acc) 85:05
Women
1 J McGee (L&M) 63:26; 2 K Charnock (Wig P) 63:48; 3 C O'Connor (N Fylde, W35) 67:35; 4 V Hamlet (Ross) 69:07; 5 V Barrett (N Fylde) 71:33; 6 J Wilson (Spen, W35) 75:22; 7 J Adams (Red R, W45) 75:58; 8 J Leary (Ross) 76:17; 9 A Titterington (N Fylde, W40) 79:15; 10 M Brown (N Fylde, W45) 80:06

NIKE GRAND PRIX 5km Birrmingham

Men (5km)
1 S Neill (RAF) 15:37; 2 M Wassell (SSH) 15:47; 3 S Barker (SSH) 16:33; 4 I Turlincton (OWLS) 16:59; 5 R Eaton (Cent RR, M40) 17:02; 6 S Loundes (Chase, M40) 17:03; 7 P Andrew (Sphinx) 17:06; 8 C Armes (Tam) 17:26; 9 M Wheeler

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(RSC) 17:34; 10 Stewart Loundes (Chase) 17:42; 11 C Lewis (RSC) 17:45; 12 M Ralfe (unatt) 17:55; 13 J Flatley (Bir) 17:56; 14 M Galway (W Brom) 17:59; 15 N McKakly (W&B) 18:01
Men (5M)
1 D Smith (SSH) 25:47; 2 N Holmes (King Henry VIII) 26:23; 3 P Eckloff (Cent) 27:03; 4 D Loundes (Sneyd, M40) 28:20; 5 A Money (Cent) 28:28; 6 A Grief (Bir) 28:34; 7 A Edwards (Spark, M40) 28:36; 8 C Lewis (RSC) 28:57; 9 G Turner (Cent) 29:21; 10 L Rostill (SSH, M40) 29:25; 11 S Collingridge (unatt) 29:40; 12 J Stanners (Cherwell, M40) 29:46; 13 S Caplan (W Gn) 29:51; 14 CHunter-Rowe (Horw, W) 29:55; 15 J Andrew (Sphinx) 30:14; 16 R Eaton (Cent, M40) 30:22; 17 M Smith (Mass F, M40) 30:34; 18 P Bingham (unatt) 30:47; 19 M Wal (Cent, M40) 30:58; 20 W Deering-Webb (Spa S, M40) 31:04
Women (5km)
1 S Ellis (Bir) 18:14; 2 V Andrews (W&B) 19:25; 3 S Stockdale (EWM) 19:46; 4 M Wright (Nun) 19:55; 5 N Murrin (SSH) 20:12; 6 S Carey (Nune W35) 20:18; 7 T Sloper (Bir) 20:32; 8 S Wilson (Nun) 20:40
Women (5M)
1 Hunter-Rowe 29:55; 2 D Underwood (Cent, W35) 32:06; 3 J Simpson (Cent, W35) 34:54; 4 S Honey (Ilf) 35:50; 5 E Smart (Horw) 36:09; 6 M Williams (RSCAC, W35) 37:49; 7 S Smart (Cent) 38:06; 8 C Johnson (Sphinx, W35) 38:12; 9 A Dallaway (W Brom) 38:35; 10 P Dable (Sphinx, W35) 38:48

PEBBLE DASH 16km Milford-on-Sea

Men
1 R Brewster (Den) 62:26; 2 P Guest (Ports J) 62:45; 3 A Lines (Hard) 63:56; 4 P Davies (T Sol) 64:59; 5 M Elthred (Hard) 65:26; 6 H Doe (New F) 65:44; 7 J Secater (Hard) 65:50; 8 M Wilco (New F) 66:25; 9 J Pike (CoP) 66:37; 10 N Groves (Eastleigh) 67:35; 11 T Hatch (Soton) 68:25; 12 S Guest (Ports U) 68:48

GODFREY DAVIS CITROEN LINCOLN HALF-MARATHON

Men
1 E Hyland (Red RR) 70:56; 2 A Shepherd (Linc W) 71:03; 3 B Duncan (Rown) 80:28
M40: S Malone (Army) 84:51
M45: P Probyn (Bing) 84:28
M55: D Sharpe (S&D) 87:29
M65: W Bunting (Wolds) 2:10:42
M70: P Meanwell (unatt) 2:09:19
Women
1 M Mills (Holme) 92:09; 2 A Dennison (Brad A) 94:36; 3 M Picksley (Sheff, W45) 97:07

FAIRHOLM CUP 3 Larkhill

Men (all Larkhill)
1 A Sandilands 19:32 (rec); 2 B Smart 20:13; 3 S Wilson 21:43
M40: 1 A McCormack 22:54; 2 J Hunter 23:12
U15 (2M)
1 D Shearer 11:54; 2 M Fitzpatrick 13:25; 3 J Mowbray 14:46
U15 girls
1 F Haig 14:04 (rec); 2 K Thompson 14:05; 3 A McInnes 14:14

March 1

GLOUCESTER RELAYS

Men (4x5km)
1 Swansea 61:37 (rec) (K Davies (M40) 15:39, N Adams 15:35, S Tobin 15:29, M Morgan 14:54); 2 Bristol AC 63:42 (C Slowley 15:49, W Buxton 15:50, D Duke 15:40, R James 16:24); 3 Severn AC 65:48 (N Bishop 16:10, K O'Neill 16:28, D Lander 16:32, C Davis 16:38); 4 Swansea B 66:04; 5 GCHQ Cheltenham 68:04; 6 Severn B 69:34; 7 Clevedon 69:45; 8 Droitwich 70:32; 9 Stroud 70:42; 10 Cheltenham 72:42
M40: 1 Clevedon 74:14 (M Andrews 19:14, P Atkinson 18:12, M Soloman 19:21, G Davis 17:27); 2 Cirencester 74:40; 3 Bitton 74:49
M50: 1 Cheltenham 54:07 (rec) (J Carragher 18:11, J Eden 17:48, K Buckle 18:08); 2 Stroud 62:17
Women
1 Clevedon 61:42 (J Manners 20:55, L Burston 20:16, E Heyes 20:31); 2 Bitton 62:00 (M Blue 19:49, M Coggins 20:47, A Lucas 21:14); 3 Bitton B 66:35 (S Osman 21:26, K Appleton 22:35, S Osman 22:34)

BALLOCH TO CLYDEBANK 12.5

Men
1 I Brown (Miz) 67:53; 2 J Laird (D'fries) 70:55; 3 J Snodgrass (K'chan) 73:51; 4 K Rankine (Falk, M40) 74:08; 5 D Forrest (C'gie) 74:13; 6 L Campbell (Glas U) 74:16; 7 R Gauvain (Glas U) 74:19; 8 M Diver (C'dale) 75:14; 9 C Joss (Bella, M40) 75:53; 10 J Brockett (Luc Moth) 76:11; 11 J Coyle (W'lands, M40) 76:15; 12 L Hill (D'fries) 76:17; 13 M McGoldrick (Shett) 76:31; 14 D White (Loudon) 77:23; 15 E Duncan (M'hill) 78:05; 16 A Fleming (D'bartn) 79:13; 17 S Smith (Glas U) 79:20; 18 M McLatchie (V Park, M45) 79:49; 19 F McShane (Lomand) 80:01; 20 J Ross (Luc Moth) 80:42
M50: T Davers (D'fries) 82:59
TEAM: 1 Glasgow University 30; 2 Dumfries 39; 3 Clydesdale 94
Women
1 C McInnes (Kirk'ch) 91:26; 2 F Currie (unatt, W35) 94:24; 3 A Hay (Gr'ck GP) 99:21

LPR 9km Blackheath

H'cap
1J Fitzgerald (Sutt, M70) 58:30; 2 T Travers (SyWC, M60) 58:11; 3 P Warburton (Bel, M45); 4 C Foster (Enf, M45) 55:45; 5 L Dordoy (Ilf, M40) 48:25; 6 S Uttley (Ilf) 46:50; 7 R Rennie (camb H, M40) 57:30; 8 S Bennett (L Vids, M70) 63:01; 9 R Grant (AF&D, W40) 61:44; 10 D Maynard (Camb H, M55) 59:49; 11 A Goudie (Bel, U20) 47:30; 12 D Ainsworth (Ilf, M40) 62:03; 13 P Phillips (Ilf, W45) 62:18; 14 D Sharpe (Bel, M40) 55:30; 15 C Lawton (Bel, M45) 52:17
TEAM: 1 Belgrave 11; 2 Ilford 17

February 26

LAW & DISTRICT 5.5

Men (all Law)
1 J Gourlay (M50) 28:53; 2 A Garfangini 29:46; 3 J Rowley (M40) 30:16; 4 J Aitken (M40) 31:16; 5 W Drysdale (M55) 36:08

February 25

HAMMERSMITH RIVER-SIDE HANDICAP 3.3

Men
1 J Walker (Rane) 23:19; 2 E Bartlett (100 Mar Club) 23:46; 3 P Harris (Serp) 24:10
Fastest
Men
1 P Warren (Rane) 20:07; 2 Harris 20:10; 3 F Thomason (Met Rly) 20:40

PARKER SPORTS 5.5 HANDICAP Dunfermline

Men (all Pit)
1 N Cunningham 26:30; 2 A Russell (M40) 28:19; 3 P Baxter (M40) 28:39
M50: C Hunter 30:25
Women
1 P Pattison (W40) 33:20; 2 L Barclay (W35) 34:10; 3 C Garvie (W45) 37:31

Cross Country

March 9

POST-NATIONAL RACES Wallsend

JOHN MOORE carved out an impressive victory leading from the gun, *Brian Kirkley reports.*

Moore opened up a lead of 50 yards over junior Wesley Tarn on the opening lap of three on the reclaimed pit land in the Rising Sun Country Park, but Anthony Wallett proved the main challenger as Tarn dropped back on the second circuit.

Moving into the final lap Moore was 150 yards clear and he forged further ahead as John Stebbings finished third.

Claire Smallwood continued her winning form over the country in the senior women's event finishing over five minutes clear of Brenda Ingram.

Phil Downs won his second successive race in the under-15 boys section setting up a lead of 40 yards over Raymond Smee after the two miles. Chris Ridley was challenged by Marc Elliott and Ryan McLeod in the under-13 boys, but established a winning lead of 60 yards from Elliott. Kevin White held off Lee Magin to win the under-11 boys event.

Men (5M)
1 J Moore (Heat) 26:02; 2 A Wallett (NSP) 26:45; 3 J Stebbings (NEV, M40) 26:53; 4 W Tarn (Shil, U20) 27:22; 5 R Rush (Sun) 27:34; 6 J Watson (Sun, M40) 27:46; 7 R Foster (S Sh) 28:04; 8 I Adamson (NSP) 28:09; 9 B Bernstein (Sun) 28:10; 10 P Carter Crook, M40) 28:18; 11 C Dentice (Morp, M45) 28:23; 12 D West (Walls) 28:37; 13 J Turnbull (Walls) 28:55
M50: L Bage (Blay) 31:14
M55: C Watson (unatt) 31:55
M60: E Appleby (Heat) 31:44
U15 (2M)
1 P Downes (Morp) 11:01; 2 R Smee (Els) 11:08; 3 A Driscoll (Morp) 12:04; 4 P Rayner (Birt) 13:38; 5 S Donkin (Birt) 15:47
U13 (2M)
1 C Ridley (Els) 12:19; 2 M Elliott (Gate) 12:36; 3 R McLeod (Els) 12:41; 4 M Fenwick (Walls) 12:52; 5 C Lamb (Els) 13:08
U11 (1.5M)
1 K White (Birt) 6:40; 2 L Magin (Walls) 6:46; 3 G Driscoll (Morp) 7:05; 4 C Parker (Walls) 7:13; 5 S Gavin (Els) 7:28
Women
1 C Smallwood (J&H, U20) 32:35; 2 B Ingram (NSP, W45) 37:47; 3 K Hope (NSP, W50) 38:48

WESSEX LEAGUE Southampton

Men
1 S Herring (Salis) 31:29; 2 P Phillips (Soton) 31:38; 3 M Gregory (And) 31:47; 4 D Gardener (Calne, M40) 32:30; 5 M Gooderidge (Gosp) 32:44; 6 G Moxham (Poole R, M40) 32:46; 7 D Croft (Pews) 32:50; 8 M Anderson (Pews) 32:51; 9 F Anderson (Salis) 33:03; 10 C Jones (And) 33:07; 11 B Yewer (Newb) 33:24; 12 S Hunt (Salis, M40) 33:44; 13 S Norris (Salis) 33:50; 14 J Hughes (Swin H) 33:55; 15 A Doney (Soton) 34:02; 16 G Anderson (Newb) 34:07; 17 D Pennwarden (Poole R) 34:13; 18 P Davies (Soton) 34:19; 19 A Caple (Swin H) 34:22; 20 J Cole (Ames) 34:45
M50: 1 G Scott (Poole R) 35:25; 2 S Crawshay (Bridport) 35:38; 3 H Watson (Amesbury) 36:55
TEAM: 1 Salisbury 22; 2 Southampton City 35; 3 Pewsey Vale 38; 4 Newbury 49; 5 Poole R 56
U17
1 P Nicholson (Winch) 23:30; 2 T Banks (Winch) 24:17
TEAM: 1 Winchester 11; 2 Swindon 17
U15
1 A Lloyd (B'mth) 13:16; 2 R Horner (Swin H) 13:29; 3 C Parr (B'mth) 13:30
TEAM: 1 Bournemouth 9; 2 Swindon H 12
U13
1 J Hanlon (Swin H) 11:20; 2 P Hogben (Dorch) 11:26; 3 J Scragg (Swin H) 11:32
TEAM: 1 Swindon H 11; 2 Salisbury 23; 3 Bournemouth 25
Women
1 R Townend (Winch) 25:06; 2 N Kearney (Ports) 25:08; 3 P Herring (Salis) 26:25; 4 J Ross (Winch, W35) 26:37; 5 D Lewis (Poole R, W35) 26:53; 6 H Lockyer (Ports) 27:19; 7 C Doe (Poole R, W35) 27:35; 8 C Able (Salis) 27:40; 9 A Williams (Pews) 28:04; 10 L Anderson (Salis, W35) 28:22
TEAM: 1 Salisbury 21; 2 City of Portsmouth 21; 3 Winchester 27; 4 Poole R 48; 5 Pewsey Vale 44
U17
1 H Carter (Winch) 25:18; 2 B Ansell (Ports) 26:39; 3 B Dumbleton (B'mth) 26:48
TEAM: Newbury 12
U15
1 B Damen (B'mth) 12:46; 2 J Connolly (Swin H) 13:37; 3 L Burton (B'mth) 13:56
TEAM: 1 Bournemouth 14; 2 Swindon H 18; 3 Winchester 19
U13
1 C Moore (B'mth) 12:23; 2 S Cranis (Swin) 13:08; 3 M Hack (B'mth) 13:17
TEAM: 1 Winchester 15; 2 Southampton 26; 3 Bournemouth 31

DEESIDE LEAGUE

Men (5.7M)
1 G Withers (Ceepac) 33:26; 2 A Clague (Ceepac) 34:32; 3 D Tiernan (Ceepac) 35:29
M40: 1 J Peerless (Wirr) 35:58; 2 J Hunter (Wrex) 38:31; 3 L Dobie (S Liv) 38:44
M45: 1 D Roderick (Dees) 35:38; 2 G Shone (Abert) 39:17
M50: 1 J Newton (S Liv) 36:32; 2 N Pratten (Wirr) 41:26; 3 P Jones (P'tatyn) 43:42
M55: M Linaker (P'tatyn) 71:32
U20
1 P Lloyd-Williams (Dees) 38:42; 2 M Smith (P'tatyn) 40:47
U17 (3.6M)
B Evans (P'tatyn) 22:27
U15 (2.8M)
D Moorcroft (Whit) 18:57
U13 (2.1M)
1 S Onwuka (Liv H) 12:15 (rec); 2 M Hutchin (Liv H) 13:09; 3 A Howard (Liv H) 13:16
U11 (1.2M)
1 T Michaelson (Liv H) 8:11; 2 D Malone (Liv H) 8:33; 3 M Ashworth (P'tatyn) 8:49
W35 (2.9M)
L Peerless (Wirr) 26:13
U17 Women (2.9M)
1 S Williams (Wrex) 20:03; 2 D Clark (Dees) 21:07; 3 D Hind (Dees) 21:23
U15 (2.1M)
1 H Williams (Wrex) 14:08; 2 L Wayman (Whit H) 14:17; 3 C Coppack (Dees) 14:19
U13 (1.5M)
1 S Warbank (Wrex) 9:32; 2 N Smith (Wirr) 10:13
U11 (0.7M)
1 S Devoy (Whit H) 4:45; 2 K Hanblett (Whit H) 4:49; 3 J Williams (Dees) 4:50
OVERALL
Men
1 G Withers; 2 P Jenkins (Whit); 3 R Cunlisse (unatt)
M40: 1 Peerless; 2 Hunter ; 3 Dobie
M45: 1 Roderick; 2 Shone
M50: 1 Jones; 2 S Hatfield (P'tatyn)
M55: Linaker
U20 Men: 1 Lloyd-Williams; 2 Smith
U15: 1 C Prior (Dees); 2 Moorcroft
U13: 1 Hutchin; 2 Revell; 3 Michaelson
U11: 1 Michaelson; 2 Malone; 3 S Lanini (Wrex)
W35: Peerless
U17: 1 Williams; 2eq D Clark/D Hind
U15: 1 H Williams; 2 C Coppack; 3 K Williams
U13: 1 Warbank; 2 Smith
U11: 1 Williams; 2 K Brandrick (P'tatyn); 3 T Pearson (Dees)

ABERDEEN AAC CHAMPS Balgownie

Men
1 M Simpson 21:55; 2 D Smith 21:56; 3 A Davis 23:54
Overall season: Simpson
M40: 1 M Greaves 23:32; 2 F Duguid 24:14
Overall season: Duguid
U20: 1 R Milne 22:44; 2 S Mason 24:28
Overall season: Milne
U17
1 M McDonald 26:53; 2 D Cumming 28:22
Overall season: McDonald
U15
1 S Marwick 15:16; 2 A Rose 15:43; 3 A Grant 16:27
Overall season: Rose
U13
1 S Forbes 10:51; 2 B Benzie 11:41; 3 P Stark11:42
Overall season: Forbes
U11
1 M Kennedy 6:25; 2 S Miller 6:44; 3 A McCue 6:44
Overall season: Kennedy
Women
Overall season: T Brindley
W35: K Mearns 16:44
Overall season: S Armitage
U17
Overall season: A Kyle
U15
1 N Gauld 11:31; 2 L Henderson

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12:20; 3 S Ross 13:24
Overall season: Gauld
U13
1 A Shearer 11:41; 2 L Corsie 12:14; 3 S McDonald 12:25
Overall season: Shearer
U11: 1 K Greig 7:06; 2 J Clark 7:15; 3 C Forbes 7:28
Overall season: Greig

EAST BORDERS SERIES
Norham

Men (3M)
1 K Lyall (Miz) 23:33; 2 W McKay (Alnth) 23:59; 3 J Knox (Tev, M45) 24:18; 4 G Brown (D'bar) 24:21; 5 Gilhooley (D'bar) 24:30; 6 G Smith (Eyemth) 25:03
M50: J Knox (Gala) 25:20
Overall: K Lyall 5
TEAM: Dunbar
Overall:1 Dunbar 186; 2 Eyemouth 195
U16 (1.25M)
1 C McKay (Alnth) 13:17; 2 C Welh (unatt) 14:02; 3 G Hogarth (Kelso HS) 14:04
U14: 1 D Hastie (Kelso HS) 14:39; 2 S McKay (Alnth) 14:46
U12: G Kelly (Sc Bord) 16:00
Women (3M)
1 I Knox (EWM, U20) 30:01; 2 A Thomson (Eyemth) 31:24; 3 D Higson (Eyemth, W35) 32:41
W45: C Dickson (Eyemth) 33:50
Overall: I Knox 4
U14 (1.25M)
1 K Strachan (Sc Bord, U12) 15:15; 2 M Shiell (C'thy, U12) 15:23; 3 F Burnie (Alnth) 15:20

IRVINE AC 2
Irvine Moor

Men (all Irvine)
1 L Richardson 9:47 (rec); W Richardson 9:55; 3 B Craig 10:28; 4 J Stevenson (M40) 10:58; 5 W Dale (M40) 11:11; 6 J Surgeoner (M40) 11:21
Women (all Irvine, W35)
1 H Morton 11:50; 2 J Byng 12:40; 3 M Miller 14:00; 4 K Melville 14:57

DAVID CUMMINGS CHASE 7
Kilbarchan

Men (all Kilbarchan AAC)
1 M McGinley 39:36; 2 S Ross 41:28; 3 R Miller 42:44; 4 D Burgess 43:19; 5 S Hards 43:56; 6 W Geddes (M40) 46:12
Women: K Chapman (W35) 53:16

March 8

TSB WELSH SCHOOLS' CHAMPIONSHIPS
Llanidloes

SION MEREDITH (Dyfed), fresh from his 11th place at Luton on the previous Sunday, confirmed his top U20 spot by easing away from the opposition in the Senior Boys' race to add the Schools' title to his Welsh Inter Counties and TSB National U20 victories, *Pete Morris reports*.

Behind him, Matthew Collins (Gwent), 12th at Luton, survived a mid-race crisis to come through in the closing stages to take silver ahead of Andrew Davies (Powys).

The senior girls race produced a series of surprises.

Clare Thomas (Afan Nedd Tawe), the favourite, came, reportedly injured herself, and went home.

With Ceri Wensley (Gwent) and Rebecca Evans (Mid Glam) also absent, the way was open for Amanda Pritchard (Cardiff & Vale) to adopt her preferred front running tactics and record her third win in five years.

In the U17 girls' event, Laura Scott (Eryri) confirmed her good form in the recent TSB Welsh U15 championships to take her first Welsh Schools' title ahead of the Cardiff & Vael duo of Lucy Kirby and Kristy Doyle.

After Carl Prior (NE Wales) had made the early running in the U17 boys' event, it looked as if the Barry Boys' duo of Chris Davey and Scott Williams would be battling it out for gold and silver until Scott dropped out with cramp leaving Chris a comfortable victory ahead of Welsh U15 champion Daniel Beynon (Afan Nedd Tawe).

Matthew Jones (Powys) was always in command of the U15 boys race while Eleanor Sherrard-Smith repeated her victory at the TSB Schools' Inter-Counties at Fairwater in January in the equivalent girls' race with Claire Salter (Cardiff & the Vale) claiming silver ahead of Anna James (Mid Glam).
U20 boys (7400m)
1 S Meredith (Coleg Ceredigion) 24:06; 2 M Collins (Cwmbran) 24:24; 3 A Davies (Welshpool) 24:33; 4 P Hart (C'philly) 24:41; 5 S Lewis (Card) 24:51; 6 R Powell (Colw B) 25:18; 7 R Haines (Radyr Comp) 25:23; 8 A Donald (Card) 25:29; 9 R Hart (Card) 25:33; 10 P Clarke (Carm) 25:36
U17 (6270m)
1 C Davey (Barry) 21:03; 2 D Beynon (Swan) 21:12; 3 E Cole (Porthcawl) 21:20; 4 A Waters (A'dare) 21:30; 5 C Prior (Mynydd Isa) 21:31; 6 P Evans (Swan) 21:33; 7 N Boland (Card) 21:37; 8 J Howells (Rhon) 21:59; 9 J Williams (Pontyclun) 22:00; 10 M Bodden (Colw B) 22:17
U15 (4740m)
1 M Jones (Llanfyllin) 15:59; 2 C Pierce (Betheska) 16:26; 3 M Boland (Card) 16:35; 4 W Wardell (P'tatyn) 16:43; 5 G Bryant (Swan) 16:52; 6 R Dyde (Pem) 16:55; 7 H Thomas (A'dare) 16:57; 8 S Clarke (Carm) 16:59; 9 T Neale (Lland) 17:12; 10 D Metz (Amman) 17:20
U20 girls (4300m)
1 A Pritchard (Card) 16:15; 2 S Mead (Ponty) 16:34; 3 N Knapp (Gwent) 16:45; 4 K Freeman (Dyfed) 16:52; 5 J Parry-Williams (Carm) 17:07; 6 R Warburton (Tredegar) 17:12; 7 H Phillips (Ebbw Vale) 17:15; 8 S Omed (Bangor) 17:17; 9 C Peck (Newc) 17:28; 10 L Roberts (Mena Bridge) 17:38
U17 (4300m)
1 L Scott (Harlech) 16:07; 2 L Kirby (Card) 16:22; 3 K Doyle (Barry) 16:31; 4 T Penhorwood (Swan) 16:40; 5 S Pritchard (Brec) 16:45; 6 A Bohan (Swan) 16:52; 7 L Morris (Mon) 16:56; 8 S Brew (Haver) 16:59; 9 S Harries (Card) 17:25; 10 L Jones (Wrex) 17:31
U15 (3220m)
1 E Sherrard-Smith (Swan) 12:17; 2 C Salter (Barry) 12:25; 3 A James (Bridge) 12:28; 4 F Morgan (Aberys) 12:29; 5 S Wallbank (Wrex) 12:30; 6 C Jones (Swan) 12:37; 7 C Rimmer (Swan) 12:39; 8 G Thomas (Aberaeron) 12:41; 9 K Greenwood (Card) 12:49; 10 A Vine (Chep) 12:50

TSB SCOTTISH SCHOOLS' CHAMPS
Irvine

JAMIE HENDRY maintained his fine record in these championships by outpacing Graeme Reid to win the O17 boys' title for the second year in a row while Susan Partridge repeated her National victory over Laura Grossman to collect the O17 girls' gold, *Fraser Clyne reports*.

Hendry and Reid, both coached by Brian McAusland, broke away early on and were on their own for much of the second half of the race. Reid was always just ahead but Hendry made good use of his superior sprinting speed over the final 200m to clinch the title.

Grossman adopted strong front running tactics in her title bid but Partridge clawed her back in the closing stages and surged away for a convincing victory. Karen Montador was an isolated third.

The rapidly improving Collete Fagan defeated defending champion Hannah Norman to win the 15-17 title with an impressive performance.

Fagan, who took 13sec off her indoor 1500m PB recently, recorded the biggest victory margin of the day by finishing 16sec clear of Norman with Scottish age group triathlon champion Lesley Paterson a further 27sec adrift in the bronze medal position.

1996 U14 boys champion Craig Poole got the better of Kerr Johnstone and Christopher Watson in the U16 race. Christopher's brother Derek finished fifth to clinch his place in the Scottish Schools team for the TSB international at Chepstow on March 22 - the first time twins have been selected to represent their country in this event.

Andrew Cassells, from Fife, built up such a commanding lead in the U17 boys race that he had time to ease back to a light jog over the final 100m. Kevin McKenna, who has been unfortunate to experience two disqualifications over the past three years at the Scottish national championships, was runner-up, and Kevin Kealey took the bronze.

Lorna Paton made the long journey from Tain worthwhile with a good win in the U15 girls event while Jill Lando collected the U14 award. Gavin Ross claimed the U14 boys title. Almost 1800 runners took part in the eight age group races which were held at Irvine's Beach Park for the 15th consecutive year.
Senior boys
1 J Hendry (Glas Ac) 20:35; 2 G Reid (B'fron) 20:37; 3 M Smith (Brae) 21:14; 4 D Greig (P Mains) 21:21; 5 S Atkinson (Loch) 21:25; 6 R Houston (Dollar) 21:30; 7 T Poyser (B'muir) 21:39; 8 I Murdoch (S'ven) 21:42; 9 N Gunstone (Grove) 21:45; 10 A McDonald (Banner) 21:46; 11 R Montgomery (Stew) 21:51; 12 O Greene (Madras) 22:04; 13 I McDonald (Wall) 22:08; 14 D McKerrigher (L'mond) 22:14; 15 G McGregor (Geo W) 22:22; 16 C Berry (Castle) 22:24; 17 G Ferguson (S'law) 22:38; 18 S Cullen (Arb) 22:40; 19 I Rough (Madras) 22:42; 20 P Uppal (Glas Ac) 22:52
TEAM: 1 Madras 110; 2 Glenalmond 158; 3 Loretto 217
Inter
1 A Cassells (Auch) 18:04; 2 K McKenna (D'rig) 18:19; 3 K Kealey (H'rood) 18:31; 4 A McCutcheon (L'don) 18:46; 5 J McFadden (St Aloy) 18:51; 6 A McIndoe (QMA) 18:56; 7 M Pollard (Well) 18:58; 8 M Graham (W'farm) 19:00; 9 K Taylor (C'nock) 19:00; 10 C Barlas (G'nock) 19:10; 11 A McDonald (G'iffer) 19:15; 12 W Ross (Dollar) 19:16; 13 S Waglawski (St Aloy) 19;19; 14 D Eccles (St Col) 19:21; 15 D Munro (Mearns) 19:26; 16 J Kealey (H'rood) 19:28; 17 K Tollerton (Arb) 19:30; 18 G Nichol (L'holm) 19:31; 19 S Copland (G'iffer) 19:33; 20 J Douglas-Hamilton (G'mond) 19:40
TEAM: 1 St Aloysius College 70; 2 Gleniffer HS 97; 3 Stonelaw HS 144
Junior
1 C Poole (Fort) 14:23; 2 K Johnstone (Graeme) 14:28; 3 C Watson (Our L) 14:42; 4 C Henderson (Hunter) 14:45; 5 D Watson (Our L) 14:48; 6 E Stark (F'hill) 14:58; 7 I Munro (Hutch) 14:59; 8 J Mitchell (Forres) 15:05; 9 R Grieve (Dund) 15:10; 10 G Malone (H'rood) 15:26; 11 T Dafforn (Col) 15:26; 12 G Dobbie (P Mains) 15:28; 13 A Lemoncello (Madras) 15:34; 14 D Hughes (Q Anne) 15:45; 15 D Reid (Ding) 15:45; 16 P McNally (H'rood) 15:46; 17 J McGlaughlin (W'farm) 15:49; 18 M Stewart (C'noustie) 15:56; 19 S Kemp (B'muir) 15:57; 20 C Graham-Brown (Fettes) 15:59
TEAM: 1 Rannoch 131; 2 Holyrood 134; 3 Gleniffer HS 156
Minor
1 G Ross (Hutch) 11:16; 2 C Crawford (Boclair) 11:21; 3 M Chisholm (Loch) 11:27; 4 M Johnston (l'almond) 11:33; 5 S Reid (Les) 11:35; 6 J Donnelly (Notre D) 11:40; 7 K Berry (Craig) 11:46; 8 E Wallace (Bells) 11:48; 9 G Darroch (G'iffer) 11:50; 10 B Crawford (Fraser) 11:50; 11 A Murphy (Madras) 11:53; 12 K Mann (Stew M) 11:55; 13 J Pal (S'law) 11:57; 14 G Duffy (St Aloy) 11:57; 15 M Steele (Annan) 11:57; 16 A Watt (P'head) 11:59; 17 B Shearer (L'hall) 12:01; 18 D Simpson (Dunf) 12:03; 19 C Dodds (Royal) 12:05; 20 D Ross (Forrest) 12:05
TEAM: 1 Annan Acad 118; 2 Gleniffer HS 150; 3 Douglas Ac 172
Senior girls
1 S Partridge (Oban) 15:51; 2 L Grossman (Mary E) 15:59; 3 K Montador (Alloa) 16:28; 4 S Beattie (Marr) 16:31; 5 L Harrison (Forrest) 16:42; 6 C Broad (G'stoun) 16:49; 7 A Kyle (H'law) 17:02; 8 L Campbell (Dun) 17:14; 9 S Murray (Kelso) 17:17; 10 L Asplin (St Leo) 17:21; 11 R Baker (Banch) 17:44; 12 B Murphy (Wall) 18:04; 13 E Light (Banch) 18:11; 14 K Limond (St And) 18:19; 15 B Debenham (Geo W) 18:37; 16 K Piggot (Hutch) 18:45; 17 C Graham -Brown (Fettes) 18:51; 18 Z Green (Fettes) 18:52; 19 M Anderson (St Leo) 18:54; 20 S Murdoch (Lorr) 18:59
TEAM: 1 St Leonards 81; 2 Fettes Coll 91; 3 Hutchesons 100
Inter
1 C Fagan (St Pat) 15:51; 2 H Norman (l'keith) 16:07; 3 L Paterson (S'ling) 16:34; 4 J Ross (B'lair) 16:40; 5 K Munro (Hutch) 16:56; 6 T Stephen (Web) 17:03; 7 D Hastie (P'head) 17:04; 8 C Couper (L'gow) 17:05; 9 N Murray (Bees) 17:10; 10 R Gibson (B'no) 17:11; 11 R McLean (Char'ton) 17:17; 12 K Montador (Alloa) 17:19; 13 M Sturrock (C'mount) 17:27; 14 A Campbell (I'ness) 17:30; 15 A Daly (W'farm) 17:35; 16 R Clark (M'holm) 17:37; 17 R Armstrong (D Ewart) 17:38; 18 S Hood (G Wat) 17:45; 19 C Curtis (Banch) 17:49; 20 J Steele (C'nock) 17:52
TEAM: 1 Boclair Acad 108; 2 Inverkeithing HS 127; 3 Hutcheson's 127
Juniors
1 L Paton (Tain) 12:29; 2 P McNellis (G'nock) 12:32; 3 D Smith (Herm) 12:33; 4 J Logie (Elgin) 12:34; 5 S McGrenaghan (L'wood) 12:47; 6 S Scott (Harris) 12:48; 7 J Kilpatrick (Hutch) 12:52; 8 F Murray (Bees) 12:55; 9 S Webber (Arb) 12:57; 10 I Tulloch (St Leo) 13:00; 11 L Moonie (Clare) 13:01; 12 L Ayre (B'lair) 13:07; 13 A Wardlaw (Royal) 13:11; 14 S Al-Kadhimi (Hutch) 13:11; 15 L Letford (B'lair) 13:14; 16 K Kilpatrick (Hutch) 13:15; 17 G Weald (Annan) 13;17; 18 R Todd (S'law) 13:20; 19 K Forbes (Waid) 13:25; 20 A Wheeler (Fraser) 13:27
TEAM: 1 Hutcheson's 66; 2 Stonelaw HS 134; 3 Boclair 138
Minors
1 J Lando (D'ziel) 8:32; 2 K Fleming (R'noch)8:35; 3 K Gallagher (H'rood) 8:37; 4 H Gordon (East) 8:37; 5 S Eardley (Denny) 8:45; 6 J Main (I'ness) 8:47; 7 C Forrest (Glas) 8:51; 8 L Houston (B'lair) 8:57; 9 M Walker (W Cald) 8:59; 10 F Urquhart (B'wearie) 9:02; 11 S Borrowman (Dollar) 9:02; 12 A Legge (Annan) 9:02; 13 A Kerr (QVS) 9:02; 14 C Taylor (G'van) 9:07; 15 L Smith (Annan) 9:07; 16 H Stevenson (Kings P) 9:07; 17 J Dalrymple (B'wearie) 9:12; 18 M Gray (Marr) 9:19; 19 L Cairns (K'nock) 9:22; 20 E Smith (C'mount) 9:22
TEAM: 1 Annan 124; 2 Stonelaw HS 134; 3 Gleniffer HS 161

NABC CHAMPIONSHIPS
Stoke

DURHAM almost swept the board in the team competitions to prove the strength in depth of running in the North East, scooping no less than six team titles and four individual golds, *Dave Edwards reports*.

Bradley Yewer, the Berkshire county schools winner and county silver medallist was a convincing winner of the U20 Boys race. His previous best had been a bronze medal, but he made no mistakes on this occasion. He led the field on the first of four laps, in tandem with county colleague Andrew Osment, but by the time the second circuit had been completed, he enjoyed a 50m advantage over Osment, who was forced to fight out the silver with Staffordshire's Ben Thomas. Yewer carried just too much firepower on the day and continued to stretch his lead, finally breasting the tape in 26:36. Thomas escaped the attentions of a tiring Osment to take silver, some 44sec behind the victor. Yewer said: "I have really improved over the last two seasons since linking up with coach Harry Wilson. My main aim now is the AAAs U20 1500m. I still have two years in the age group, so I am hopeful of success."

Durham Schools champion Gerry Sharp, won his war of attrition with Berkshire's Trevor Anteo, to take his first NABC cross country title after being third and second in previous years, Anteo and the Durham duo of Sharp and Gary Bell, went clear on the first lap. Anteo and Sharp led together going into the third and final lap. Half way round the circuit, Sharpe upped the tempo to leave Anteo trailing. "I planned to sit in but on that last lap I was feeling good and decided to go. With 800 left I was really feeling the strain and almost regretted my decision, because I was hanging on at the end." Sharp's fears were unfounded because he finished with a cushion of 12sec in a winning 19:14.

Girls U17 winner Claire Hargreaves gave an equally dominant performance in retaining her age group crown. She was chased hard in the early stages by county team mate Rachel Hoddy, but by the end of the first of two circuits she was out on her own by 50m. She continued to pour on the pace, finally stretching her winning margin to a minute, stopping the clock on 14:45 - beating the U20 winner by almost half a minute.

"I like to run hard," said Hargraves. "Nobody was prepared to run it from the front so I decided to take it on and just kept pushing and pushing. This win has given me more satisfaction than last year, because of the manner of my victory."
U20 Boys
1 B Yewer (Berks) 26:36; 2 B Thomas (Staffs) 27:20; 3 A Osment (Berks) 28:09; 4 A Cosgrove (Lon) 28:17; 5 A Thomas (Ex) 30:25; 6 D Hancock (Lon) 30:39
TEAM: 1 London 25; 2 Essex 40

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U17 Open
1 G Sharp (Dur) 19:14; 2 T Anteo (Berks) 19:26; 3 G Bell (Dur) 19:52; 4 S Cattell (Staffs) 20:05; 5 S Stuart (Berks) 20:59; 6 T Rowe (Staffs) 21:20
TEAM: 1 Durham 19; 2 Wales 54
U17 Closed
1 J O'Connor (Scot) 21:32; 2 J Morris (Scot) 22:48; 3 T Keane (Lon) 24:13; 4 A Gibb (Scot) 24:58; 5 K Harper (Scot) 25:26
U15 Open
1 N King (Lon) 12:55; 2 M Clark (Lon) 13:00; 3 S Voss (Lon) 13:02; 4 Y Prassionos (Mersey) 13:09; 5 D Holden (Lon) 13:15; 6 K Thompson (Mersey) 13:16
TEAM: 1 Durham 15; 2 Staffs 31; 3 Berks 46
U15 Closed
1 J Watts (Berks) 15:00; 2 M Hood (Dur) 15:18; 3 K Page (Dur) 16:10; 4 L Browell (Dur) 17:06; 5 S Marriott (Staffs) 17:09; 6 I Wilson (Dur) 17:20
U13 Open
1 S Fenton (Leic) 6:47; 2 S Cooper (Staffs) 6:50; 3 M Williams (Staff) 6:53; 4 M Hodgson (Dur) 6:55; 5 A Smith (Staffs) 6:58; 6 S Lind (Dur) 6:59
TEAM: 1 Staffs 23; 2 Durham 27; 3 Durham B 52
U20 Girls
1 K Hind (Dur) 15:13; 2 A Dixon (Dur) 15:24; 3 E Anola (Berks) 15:28; 4 S Anderson (Berks) 15:33; 5 S Milburn (Dur) 16:10; 6 J Heslop (Dur) 17:36
TEAM: Durham 14
U17
1 C Hargreaves (Dur) 14:45; 2 R Hoddy (Dur) 15:45; 3 K Bailey (Staff) 15:50; 4 S Eliot (Berks) 16:15; 5 K Pepper (Dur) 16:40; 6 J Talbot (Dur) 16:50
TEAM: Durham 14
U15 Open
1 D Davis (Staffs); 2 H Lister (Dur); 3 E Hind (Dur); 4 E Taylor (Berks); 5 C Anderson (Berks); 6 L Piggott (Dur)
TEAM: 1 Durham 24; 2 Berks 25; 3 Staffs 49
U13
1 R Smith (Dur) 7:27; 2 A Rutherford (Dur) 7:35; 3 C Christie (Berks) 7:37; 4 U Robinson (Dur) 7:42; 5 M O'Connor (Dur) 7:43; 6 L Greenshields (Dur) 7:44
TEAM: 1 Durham 12; 2 Durham B 55; 3 Berks 60

SOUTH-EAST SCHOOLS' CHAMPIONSHIPS
Harrow School

Senior boys
1 R Vint (L Wands) 27:29; 2 E Barnett (Winch) 27:44; 3 D Abanto (Harrow) 27:59; 4 M Best (Winch) 28:08; 5 Pinna (Stowe) 28:39; 6 Blagg (Welling) 28:59; 7 McIntyre (Stowe) 29:03; 8 Powell-Jackson (Winch) 29:04; 9 T Aldred (Tiffin) 29:05; 10 E White (Eton) 29:18
TEAM: 1 Winchester 76; 2 Harrow 112; 3 Stowe 177; 4 Wellington 185; 5 Norwich 226
Inter
1 1 R Williams (High) 20:37; 2 A Cheyne (Winch) 21:18; 3 Phillips (Radley) 21:31; 4 R Teare (Eton) 21:37; 5 T Kennedy (Winch) 21:41; 6 C Machin (Winch) 21:47; 7 R Young (High) 21:53; 8 O Holme (Charter) 22:00; 9 R Dade (St Bede's) 22:03; 10 B Robertson (Dr Challoner's) 22:07
TEAM: 1 Winchester 59; 2 Radley 148; 3 Eton 171; 4 St Bede's 203; 5 Winchester B 230
Junior
1 Chrisafis (Harrow) 14:56; 2 T Kiley (Winch) 15:13; 3 Holme (Welling) 15:29; 4 Martin (Welling) 15:45; 5 Abanto (Harrow) 16:53; 6 Montgomery (Harrow) 16:00; 7 T Knight (Eton) 16:05; 8 E Bailey (Eton) 16:07; 9 R England (Winch) 16:07; 10 S Haacke (Winch) 16:18
TEAM: 1 Winchester 66; 2 Harrow 74; 3 Highgate 134; 4 Winchester B 174; 5 Forest 194
Open girls
1 L Halstead (Brent) 17:05; 2 F Hickling (Brent) 17:14; 3 S Coker-Davies (Douai) 17:15; 4 S Imber (Berk Coll) 17:31; 5 T Thompson (Ardingly) 17:37; 6 L Sullivan (Brent) 17:53; 7 C Greenwood (Ardingly) 18:04; 8 F Houslop (Ardingly) 18:13; 9 C Houslop (Ardingly) 18:18; 10 C Hawkins (Brent) 18:21
TEAM: 1 Brentwood 45; 2 Ardingly 53; 3 Berkhamsted Collegiate 119; 4 Douai 125; 5 Epsom 179

FIGSBURY CHALLENGE
Near Salisbury

Men (5km)
1 S Anderson (Salis) 16:04; 2 M Anderson (Pews) 16:22; 3 S Lees (Roms) 17:28; 4 I Sawyer (unatt) 17:36; 5 S Rose (unatt) 17:42; 6 S Holloway (Salis, U15) 18:01; 7 M Holloway (Salis, M40) 18:09; 8 J Gordon (Melksham) 18:14; 9 A Robinson (Salis, M40) 18:40; 10 P Morris (Salis) 18:49
U16 boys: 2 J Ruskin (unatt) 19:26; 3 S Johnstone (unatt) 21:55
U12 boys: 1 S Woods (unatt) 21:56; 2 C Stevens (unatt) 23:05; 3 N Jiles (unatt) 23:15
Women
1 K Keane (Roms) 22:12; 2 B Perry (Pews) 31:46; 3 S Grinstead (unatt) 44:22
W40: 1 J Lees (Roms) 22:39; 2 N Thornton (unatt) 33:04; 3 C Duncan (unatt) 42:22
W50: D Gilford (Pews) 32:59
U16 girls: 1 G Morris (Salis) 21:17; 2 R Woods (unatt) 31:24; 3 J Phipps (unatt) 32:19
U12 girls: 1 S Morris (Salis) 22:08; 2 H Adkins (unatt) 24:26; 3 P Morris (Salis) 24:27
COMBINED TEAM: 1 Salisbury 22; 2 Pewsey 34

TSB ROSS-SHIRE PRIMARY SCHOOLS' CHAMPIONSHIPS
Alness

Boys
1 S Obree (D'wall); 2 C Martin (N Kes); 3 C Russell (Park)
TEAM: Category A: Dingwall; **B:** Tarradale; **C:** Milton; **D:** Gledfield; **E:** Tarbat
Girls
1 M Brown (Conon); 2 N Stirling (S Lodge); 3 F Johnston (K'tearn)
TEAM: Category A: Dingwall; **B:** Conon; **C:** North Kessock; **D:** Gledfield; **E:** Ardross

March 5

BRENTWOOD DIOCESAN
Hainault Forest

Primary school boys (1.4M)
1 J Gibson (St Eusulas) 8:06; 2 C Farley (St JTW) 8:11; 3 P McShane (St Eusulas) 8:13
TEAM: 1 St Joseph The Worker 90; 2 St Anne Line 91; 3 St Helens 92
Primary school girls (1M)
1 S Luck (St Helen's) 5:52 NCR; 2 H Scott (St JTW) 6:20; 3 R Lyons (St JTW) 5:22
TEAM: 1 St Helen's 55; 2 St Joseph The Worker 84; 3 The Ursurline Prep School 116
OVERALL: 1 St Helen's 147; 2 St Joseph The Worker 174; 3 St Anne Line 260

TSB ANNANDALE & ESDALE SMALL SCHOOLS' CHAMPS
Gretna Green

U11 boys (1500m)
1 D Malin (Carr'town) 5:36; 2 L Malin (Carr'town) 5:46; 3 C Forster (St Mung) 6:20
TEAM: 1 Carrutherstown; 2 St Mungo; 3 Applegarth
U9 (800m)
1 P Threlkeld (H'bridge) 3:50; 2 S McGill (B'tock) 3:51; 3 C Robinson (Hutton) 3:53
TEAM: 1 Hotsbridge; 2 Beattock; 3 St Mungo
U11 girls (1500m)
1 A Little (B'kirk) 7:12; 2 J Davidson (W'phray) 7:22; 3 A Pringle (G'zier) 7:25
TEAM: 1 Hotsbridge; 2 Springfield; 3 St Mungo
U9 (800)
1 L Malin (Carr'town) 3:56; 2 C Hamilton (A'garth) 4:18; 3 L Thomson (W'phray) 4:22
TEAM: 1Wamphray; 2 Applegarth; 3 St Mungo

March 4

TSB LONDON SCHOOLS' CHAMPS
Brockwell Park

Year eight boys
1 S Musa (Green) 10:36; 2 N Simpson (Green) 10:55; 3 J Wilson (S'wark) 11:12; 4 J Ruffer (Lew) 11:20; 5 B Young (Green) 11:42; 6 A Hussain (T Ham) 11:48; 7 R Atterbury-Thomas (West) 11:50; 8 B Mehmet (S'wark) 11:55; 9 S Walker (West) 11:57; 10 J Coates (Green) 12:00; 11 D Dayes (Lew) 12:01; 12 D Brown (Hack) 12:02; 13 L Howell (Lew) 12:02; 14 T Stimson (Green) 12:03; 15 L Fields (Green) 12:08
TEAM: 1 Greenwich 47; 2 Lewisham 79; 3 Southwark 136
Year seven
1 A Abdullahi (Hamm) 11:50; 2 A Moussaieff (S'wark) 11:51; 3 D Bradshaw (S'wark) 11:55; 4 A Mohib (T Ham) 11:58; 5 E Delisser (S'wark) 11:59; 6 G Schwartz (Hamm) 12:15; 7 S Sinclair (Lew) 12:19; 8 B Orcherba (Green) 12:20; 9 B Lee (Hamm) 12:21; 10 R Ijaha (Hamm) 12:22; 11 D Lacey (Green) 12:23; 12 A Khadar-Jama 12:24; 13 A Sutton (Wands) 12:25; 14 J Tomlinson (Lam) 12:26; 15 B Caley (T Ham) 12:30
TEAM: 1 Southwark 53; 2 Hammersmith & Fulham 125; 3 Tower Hamlets 178
Year eight girls
1 O Hines (Lam) 8:07; 2 A Surtees (Lam) 8:09; 3 S Ferguson (Lam) 8:55; 4 M Crane (Lew) 9:44; 5 L Seddon (S'wark) 9:46; 6 T Harris (T Ham) 9:55; 7 F Williams (Wand) 9:57; 8 C Williams (Hack) 10:02; 9 H New (West) 10:04; 11 S McAffee (S'wark) 10:14; 12 N Benhadj (West) 10:18; 13 M Tesfaldet (S'wark) 10:20; 14 R Trigg (Lew) 10:22; 15 S Fernandez (Green) 10:23
TEAM: 1 Lambeth 94; 2 Southwark 95; 3 Lewisham 150
Year seven
1 M Powell (S'wark) 8:29; 2 C Small (Lam) 8:36; 3 L Cash-Gibson (Cam) 9:16; 4 L Brooke (S'wark) 9:30; 5 A Roberts (Green) 9:33; 6 J Headley (Lam) 9:36; 7 R Foreman (West) 9:39; 8 S Xuereb (Green) 9:40; 9 D Noah (Lam) 9:53; 10 H Walker (West) 10:04; 11 B Begg (S'wark) 10:07; 12 D Giblin (S'wark) 10:09; 13 A Newell (S'wark) 10:10; 14 D Tipper (T Ham) 10:15; 15 R Adewale (West) 10:17
TEAM: 1 Southwark 57; 2 Greenwich 124; 3 Lambeth 134

TSB RENFREWSHIRE SCHOOLS' CHAMPS
Port Glasgow

Senior boys
1 D Greig (P Mains) 12:01; 2 D May (G'fer) 12:14; 4 C Berry (C'head) 12:37
TEAM: 1 Park Mains 38; 2 Williamwood 55: 3 Rothesay 56
Inter
1 M Graham (W'farm) 12:22; 2 M Pollard (Well'ton) 12:29; 3 B Christie (G'fer) 12:32

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TEAM: 1 Gleniffer 31; 2 Park Mains 64; 3 St Columba's Kilmacolm 67
Junior
1 P Arcari (P Mains) 9:25; 2 G Dobbie (P Mains) 9:45; 3 S Cassells (W'wood) 10:00
TEAM: 1 Gleniffer 33; 2 Castlehead 66; 3 Williamwood 80
U13
1 J Donnelly (N Dame) 9:04; 2 G Darroch (G'fer) 9:19; 3 C Miell (P Mains) 9:20
TEAM: 1 Gleniffer 23; 2 Williamwood 68; 3 Notre Dame
U11
1 C McDougan (B'bar) 6:19; 2 J Walker (W'lee) 6:22; 3 G Dougan (St Jos) 6:22
TEAM: 1 Braidbar 16; 2 Ardgowan 23; 3 St Jospeph 27
Senior girls
1 V McGurn (G'fer) 12:15; 2 G Thomson (G'fer) 12:31; 3 J McMaster (St Col Kil) 12:34
TEAM: 1 St Columb's Kilmacolm 25
Inter
1 A Daly (W'farm) 10:44; 2 K Yule (P Mains) 11:18; 3 H Townsend (C'head) 11:26
TEAM: 1 Gleniffer 37; 2 Park Mains 39; 3 Woodfarm 58
Junior
1 S McGrenaghan (L'wood) 9:52; 2 P McNellis (Gr'ck Ac) 9:52; 3 C Gibson (J'stone) 10:04
TEAM: 1 Gleniffer 60; 2 Williamwood 72; 3 Mearns Castle 81
U13
1 H Gordon (E'wood) 9:42; 2 S Smith (G'fer) 9:42; 3 J Muir (St Col Kil) 9:57
TEAM: 1 Gleniffer 19: 2 St Columba's Kilmacolm 46; 3 Castlehead 89
U11
1 D Clayton (St Col Lang) 7:09; 2 K Jackson (A'gowan) 7:11; 3 M Oliver (St Jos) 7:13
TEAM: 1 Braidbar 25; 2 Ardgowan 31; 3 St Columba's Lang 44

March 2

AVALON LEAGUE RELAYS
Salisbury

STEVE HERRING ran a storming last leg to overtake Taunton youngster Steve Smythe and claim victory, *Kevin Fahey reports*.

Paula Herring ensured a family double by helping Salisbury clinch the women's race from Swindon Harriers.

Men (4x2500m)
1 Salisbury 30:47 (S Wiltshire 7:36, SD Green 8:19, S Norris 7:34, S Herring 7:18); 2 Taunton 30:55 (G Chatwood 7:47, E Elliott 7:21, J Perry 7:46, S Smythe 8:01)
U15
1 Taunton 27:54 (R Smythe 8:14, A Dickins 10:22, K Jefferies 9:18); 2 Frome 30:27
U13
1 Wells 28:41 (C Ward 8:32, A Fearn 10:48, A Sparks 9:21); 2 Salisbury 28:51
Women
1 Salisbury 30:32 (K Mitchell 9:31, S Williams 12:08, P Herring 8:53); 2 Swindon Harriers 32:01
U15
1 Wells 28:17 (K Harrison 9:17, C Harrison 9:53, M Cummins 9:07); 2 Yeovil Olympiades 29:46
U13
1 Salisbury 30:20 (G Morris 10:03, S Morris 10:18, G Roberts 9:59); 2 Frome 32:28

IRISH INTER-COUNTY & INTER-CLUB CHAMPS
Whitechurch, Cork

Men (12km)
1 S Power (Kilm) 39:23; 2 T McGrath (Mullingar) 39:43; 3 N Berkeley (Dundrum) 40:00; 4 P Matthews (Dundrum) 40:12; 5 C Finerty (Mullingar) 40:23; 6 P McKinney (Civil S) 40:38; 7 J Burke (Mullingar) 40:50; 8 C Holt (Dundrum) 41:01; 9 N Cullen (Clonliffe) 41:09; 10 N Richardson (Donore) 41:21; 11 A Merriman (Liffey) 41:27; 12 K Lambe (UCC) 41:32; 13 J Kearney (E Cork) 41:46; 14 C Troy (Tullamore) 42:10; 15 T O'Halloran (Dublin) 42:21; 16 P Hegarty (Finn V) 42:26; 17 J McIntyre (Finn V) 42:34; 18 G McCrath (Dunfrum) 42:39; 19 D O'Mahony (E Cork) 42:41; 20 E Coppinger (Civil S) 42:43
INTER-CLUB TEAM: 1 Dundrum South Dublin 33; 2 Mullingar 44; 3 Finn Valley 82; 4 Clonliffe Harriers 94; 5 Liffey Valley 104
Juniors (8km)
1 G Turnbull (St Malachy's) 27:27; 2 V Mulvey (Raheny Shamrock) 27:44; 3 G O'Connor (Rathfarnham) 28:00; 4 D Galvin (Clare) 28:41; 5 K Lynch (Limerick) 28:47; 6 B Harron (Finn V) 28:54; 7 M Cotter (Leevale) 28:56; 8 T Murphy (Togher) 29:01; 9 R Heffernan (Togher) 29:08; 10 G O'Tuama (Leevale) 29:14; 11 J Foolkes (Leevale) 29:21; 12 D Lynch (Togher) 29:24; 13 P Hickey (Raheny Shamrock) 29:36; 14 M Foley (Leevale) 29:39; 15 S Doherty (Togher) 29:40; 16 E Johnson (Donegal) 29:53; 17 D Bridgeman (Clonliffe) 30:04; 18 T O'Beirne (Raheny Shamrock) 30:06; 19 A McMenamin (Foyle V) 30:09; 20 A Clarke (Corran) 30:11
INTER-COUNTY TEAM: 1 Dublin 80; 2 Cork 101; 3 Donegal 168; 4 Westmeath 213; 5 Tipperary 263
INTER-CLUB TEAM: 1 Leevale 42; 2 Togher 44; 3 Raheny Shamrock 73; 4 Finn Valley 99; 5 Clonliffe 106
Women (4km)
1 M Lynch (Dundrum) 16:08; 2 T Henessy (E Cork) 16:25; 3 S Rafferty (Mullingar) 16:27; 4 C Daly (E Cork) 16:33; 5 E O'Shea (St Michaels) 16:38; 6 C O'Shea (St Michaels) 16:45; 7 O Cronin (E Cork) 16:47; 8 T O'Hanlon (Slaney Olympic) 17:01; 9 L Cronin (E Cork) 17:04; 10 G Murphy (Leevale) 17:07; 11 P Kavanagh (Slaney Olympic) 17:10; 12 O Coote (Clare) 17:14; 13 K Casserly (Castlegar) 17:21; 14 M O'Callaghan (N Cork) 17:24; 15 S Quinn (Thurles Crokes) 17:26; 16 M Dorney (Thurles Crokes) 17:33; 17 S Aherne (Leevale) 17:36; 18 P Twohig (Banteer) 17:40; 19 E Egan (Slaney Olympic) 17:42; 20 G O'Dea (Finn V) 17:47

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INTER-COUNTY TEAM: 1 Cork 22; 2 Wexford 59; 3 Tipperary 81; 4 Westmeath 88; 5 Carlow 137
INTER-CLUB TEAM: 1 East Cork 22; 2 Slaney Olympic 59; 3 Mullingar 88; 4 Thurles Crokes 90; 5 Leevale 92
Juniors
1 M Harrington (Riocht) 22:35; 2 U English (Dublin) 22:52; 3 P Curley (Tullamore) 23:28; 4 A Terek (Lisburn) 23:42; 5 L Cavanagh (UCC) 23:50; 6 D Hargan (Finn V) 23:55; 7 K Byrne (Finn V) 24:08; 8 C McGranaghan (Finn V) 24:11; 9 M Prenderville (UCC) 24:17; 10 M Greenan (Dublin) 24:18
INTER-CLUB TEAM: 1 Finn Valley 34; 2 Dublin City 52; 3 Mayo 948

PARKWOOD LEAGUE Canterbury

MATCH A: 1 Invicta 7; 2 Blackheath 56; 3 Tonbridge 18
MATCH B: 1 Dartford 37; 2 Medway 29
MATCH C: 1 Paddock Wood 47; 2 GEC 41; 3 Bexley 30
U17 boys
1 M Lemon (GEC) 16:19; 2 A Thomas (Inv) 16:29; 3 T Alexander (Med) 16:38; 4 B Wells (Inv) 16:54; 5 P Offord (Ton) 16:57; 6 S Turner (B'hth) 17:04; 7 J Kraushaar (Dart) 17:12; 8 D Parish (GEC) 17:16; 9 J Cartwright (Padd W) 17:28; 10 S Richardson (Ton) 17:35
U15
1 T Ganley (Inv) 8:48; 2 M Flanagan (Ton) 8:53; 3 M Hill (B'hth) 9:01; 4 J Scott (Inv) 9:12; 5 S Taylor (Ash) 9:19; 6 R Paternoster (Dart) 9:28; 7 A Rayner (B'hth) 9:42; 8 R Chatoe (Dart) 9:43; 9 A Pickett (Dart) 9:45; 10 S Dunderdale (B'hth) 9:46
U13
1 T Fahey (Dart) 9:50; 2 J Godsell (B'hth) 10:00; 3 O Freeman (Inv) 10:15; 4 A Haywood (Inv) 10:18; 5 T Carpenter (Med) 10:22; 6 P Heaney (Ash) 10:25; 7 M Whiting (Med) 10:28; 8 P Price (GEC) 10:39; 9 T Robinson (B'hth) 10:39; 10 D Snow (B'hth) 10:42
U17 girls
1 L Gould (Inv) 10:40; 2 C Hammond (Bex) 10:50; 3 M Johns (Inv) 10:51; 4 V Jeffrey (GEC) 11:15; 5 K Lindsey (Padd W) 11:25; 6 J Pollard (Dart) 11:40; 7 R Dyer (Ash) 11:51; 8 J Linney (Bex) 12:43; 9 S Hatfield (Bex) 12:46; 10 Y Smith (B'hth) 12:52
U15
1 L Dale (Inv) 11:05; 2 A Allerton (Inv) 11:08; 3 A Hewson (Dart) 11:15; 4 Z Parsons (Bex) 11:33; 5 H Barker (B'hth) 11:35; 6 S Singer (B'hth) 11:37; 7 S Chapman (GEC) 11:58; 8 F Barker (B'hth) 12:10; 9 S McDermott (Inv) 12:17; 10 S Mellows (Bex) 13:01
U13
1 C Harvey (Med) 9:22; 2 E Chivers (Bex) 9:38; 3 C Lynch (Bex) 9:52; 4 N Jobling (Dart) 9:56; 5 C Dale (Inv) 10:02; 6 K Jeffrey (GEC) 10:03; 7 L Crow (Inv) 10:09; 8 H Thompson (Padd W) 10:20; 9 J Perierra (GEC) 10:24; 10 H Slaytor (B'hth) 10:26

ANNAN RIVER RACES Annan

Men (6M)
1 J Ferguson (D'fries) 35:06; 2 C Borthwick (Bord H) 35:52; 3 J Boardman (Nith) 36:39; 4 M Whitelaw (Annan) 36:43; 5 G Colvin (E Kilb) 37:37; 6 S Watson (Tev, U20) 38:25; 7 P Maddocks (C'land) 38:25; 8 J Ritson (D'went, M40) 40:04; 9 C Heaven (unatt) 40:11; 10 B Davies (Annan) 40:13
TEAM: Dumfries 28
U20: 2 P Cueto (D'went) 47:16
M40: 2 M Cole (D'fries) 40:19; 3 P Smith (C'nock) 40:36
M50: I Marriot (D'fries) 46:38
U17 (3M)
1 M Graham (Shett) 17:22; 2 S Hogg (Tev) 18:16; 3 S Kerr (Tev) 18:44
TEAM: Teviotdale 10
U15 (3.5km)
1 G Nicol (Bord H) 13:44; 2 B Ward (L&L) 14:10; 3 J Kerr (Nith) 14:19
TEAM: L&L Track Club 21
U13 (3km)
1 D Malin (Nith) 11:58; 2 D McDaid (Stew MC) 12:11; 3 K Mann (Stew MC) 12:28
TEAM: Stewart's Melville College 14
U11 (1.5km)
1 D Gold (S'raer) 5:20; 2 D Armstrong (Carl A) 6:02; 3 G Nicol (Bord H) 6:05
TEAM: Carlisle Aspatria
Women (3M)
1 S Corbett (D'went) 19;39; 2 A Daly (Glas, U17) 20:51; 3 W Kerr (Lass) 22:06; 4 S Corie (Bord H) 22:12; 5 L Brown (Gall, W35) 22:52; 6 M MacPhail (D'fries, W35) 23:04
TEAM: Nithsdale 24
W35: 3 S MacPherson (D'fries) 24:58
U17: 2 J Burns (Nith) 23:56; 3 D McClachna (St Jos Col) 28:59
U15 (3.5km)
1 C Fagan (Glas) 14:51; 2 R Armstrong (Stew) 15:56; 3 S Douglas (Bord H) 16:00
TEAM: Annan 29
U13 (3km)
1 S Dunkley (Carl Asp) 13:06; 2 G Weild (Annan) 13:17; 3 S Shanks (JW K'ck) 13:23
TEAM: Annan 11
U11 (1.5km)
1 L Park (Edin) 6:33; 2 L Banks (Aird) 6:35; 3 E MacSween (Edin) 6:38
TEAM: City of Edinburgh 12

March 1

MANCHESTER UNIV PAST v PRESENT Wythenshawe Park

Men (6M)
1 N Edwards (Past) 35:00; 2 M Hilton (Past) 35:00; 3 R Waters (Past) 36:08; 4 S Rivers (Past) 36:51; 5 N Shuttleworth (Pres) 38:04; 6 J Dunne (Pres) 39:38
TEAM: 1 Past 10; 2 Present 26
Course record: R Hill 29:45 (1972)
Women
1 E Brady (Past) 12:47; 2 L Sparshott (Pres) 14:31; 3 T Murphy (Pres) 14:59

TSB NORTH OF SCOTLAND SCHOOLS' AA CHAMPS Gordonstown

Over 15 (6km)
1 N Cameron (Elgin) 22:00; 2 R Cook (G'town) 22:44; 3 T Golabeck (Aln) 23:01
TEAM: 1 Gordonstown 39; 2 Dingwall 42
U15 (4km)
1 C Poole (F'rose) 14:14; 2 J Mitchell (Forres) 14:52; 3 R Rutherford (Gospie) 15:12
TEAM: 1 Dingwall 37; 2 Golspie 43; 3 Gordonstown 65
U14 (3km)
1 C Kerr-Moore (D'wall) 12:04; 2 C Cook (G'town) 12:06; 3 J Fraser (D'wall) 12:18
TEAM: 1 Gordonstown 27; 2 Dingwall 27; 3 Golspie 53
Over 15 girls (4km)
1 C Broad (G'town) 16:21; 2 R MacLean (Ch'ton) 16:58; 3 A Campbell (Inv RA) 17:31
Lorna Wildman Memorial Trophy for outstanding team runner: K MacWilliams (D'wall)
TEAM: Dingwall 24
U15 (3km)
1 J Logie (Elgin) 12:28; 2 D Fraser (I'gordon) 12:50; 3 L Reid (Elgin) 13:06
TEAM: 1 Dingwall 42; 2 Inv RA 51; 3 Golspie 58
U14 (3km)
1 L Paton (Tain) 11:59; 2 J Main (Inv RA) 12:19; 3 E Cole (D'wall) 13:19
TEAM: 1 Dingwall 30; 2 Golspie 89; 3 Spoil Lionacleit 116

GLASGOW BOYS' BRIGADE CHAMPS Nether Pollock

Senior boys
1 D Melvin (W Wood); 2 R McFee (Colston); 3 K Mackie (Cadder)
TEAM: 1 Stonelaw; 2 Cadder; 2 William Wood
Inter
1 S Orr (E'sham); 2 I Thomson (Patrick); 3 S Cassells (N'lee)
TEAM: 1 Whitelawhill; 2 Netherlee; 3 Eaglesham
Junior
1 C Neil (S'law); 2 J Walker (N'lee); 3 B Fox (S'law)
TEAM: 1 Stonelaw; 2 Netherlee; 3 Eaglesham

February 28

TSB EAST DUNBARTONSHIRE SCHOOLS' CHAMPS Bearsden

Year three boys
1 R Gillon (B'lair); 2 D Campbell (Lenzie); 3 C Russell (D'las)
TEAM: 1 Douglas; 2 Boclair; 3 Bearsden
Year two
1 C Crawford (B'lair); 2 N Findlay (B'den); 3 I Bertram (D'las)
TEAM: 1 Douglas; 2 Boclair; 3 Bearsden
Year one
1 K Welsh (St Nin); 2 C Lavery (D'las); 3 S McDowell (St Nin)
TEAM: 1 Douglas; 2 St Ninian; 3 Boclair
Year three girls
1 S Maxwell (B'lair); 2 L Ayre (B'lair); 3 L Newton (B'den)
TEAM: 1 Boclair; 2 Bearsden; 3 Douglas
Year two
1 J Dunion (B'lair); 2 P Bain (Lenzie); 3 J Anderson (Kirk'ch)
TEAM: 1 Lenzie; 2 Boclair; 3 Douglas
Year one
1 N Ralston (Kirk'ch); 2 L Houston (B'lair); 3 D Russell (D'las)
TEAM: 1 Douglas; 2 Bearsden; 3 Boclair

February 27

BRECON AC INTER SCHOOLS' LEAGUE Christ College

Junior boys
1 A Sims (Rouge) 15:32; 2 J Thomas (Christ) 15:49; 3 W George (Mon) 16:18; 4 P Keddle (Brec) 16:23; 5 T Phillips (Mon) 16:26; 6 D Gaunt (Mon) 16:34; 7 J Curtis (Mon) 16:37; 8 A Vulliamy (Mon) 16:44; 9 J Anthony (Christ) 16:53; 10 B Bevan (Gwern) 16:59
TEAM: 1 Monmouth 21; 2 Christ College 39; 3 Gwernyfed HS 56; 4 Rougemont 83; 5 Monmouth B 87; 6 Brecon High 87; 7 Gwernyfed HS B 110; 8 Christ College B 188; 9 Gwernyfed HS C 203
OVERALL TEAM: 1 Monmouth 8; 2 Christ College 9; 3 Gwernyfed HS 11; 4 Brecon High 13; 5 Rougemont 16
Overall Individual: 1 Keddle 7; 2 Sims 7; 3 George 18; 4 Anthony 31; 5 W Lloyd (Gwern) 35
Junior girls
1 A Holloway (Brec) 8:22; 2 A Hilliard (Christ) 8:35; 3 A Went (Tred) 8:39; 4 E Aherne (Tred) 8:41; 5 H Bees (Tred) 9:02; 6 C Golesworthy (Christ) 9:05; 7 E Smith (Rouge) 9:10; 8 K Sandercock (Tred) 9:15; 9 S Davies (Brec) 9:16; 10 S Reeves (Brec) 9:17
TEAM: 1 Tredegar Comp 20; 2 Brecon High 32; 3 Christ College 37; 4 Rougemont 72; 5 Gwernyfed HS 87; 6 Brecon High B 116
OVERALL TEAM: 1 Tredegar Comp 5; 2 Brecon High 7; 3 Christ College 15; 4 Rougemont 17; 5 Gwernyfed High 20
Overall Individual: 1 Holloway 5; 2 Aherne 9; 3 Went 14; 4 Bees 25; 5 E Price (Brec) 33; 6 Reeves 36

TSB GLASGOW SCHOOLS' CHAMPS Nether Pollok

Over 17 boys
1 A McDonald (B'man); 2 A Miller (Glas HS); 3 P Uppal (Glas AC)
TEAM: 1 Hutchison's 46; 2 St Aloysius 47; 3 Glasgow Academy 47
U17
1 Kealey (H'rood); 2 J Kealey (H'rood); 3 J McFadden (St Aloy)
TEAM: 1 St Aloysius 21; 2 Holyrood 71; 3 Hillpark 81
U15
1 I Munro (Hutch); 2 G Malone (H'rood); 3 P McNally (H'rood)
TEAM: 1 Stonelaw 48; 2 Holyrood 55; 3 Glasgow Academy 63
U14
1 G Ross (Hutch); 2 J Gunn (E'lake); 3 G Gilmour (K Park)
TEAM: 1 Stonelaw 38; 2 St Aloysius 53; 3 Holyrood 105
Over 17 girls
1 K Lemond (St Aloy); 2 A Gallen (St Aloy); 3 K Piggot (Hutch)
TEAM: 1 Hutchison's 19; 2 Glasgow 33; 3 St Aloysius 63
U17
1 K Munro (Hutch); 2 C Campbell (Hutch); 3 A Romatt (Hutch)
TEAM: 1 Hutchison's 12; 2 Glasgow High 57; 3 Craigholme 68
U15
1 M Cameron (All Saints); 2 S Stevenson (K Park); 3 K Kilpatrick (Hutch)
TEAM: 1 Stonelaw 34; 2 Hutchison's 41; 3 Glasgow High 60
U14
1 K Gallacher (H'rood); 2 C Forrest (Glas HS); 3 L Provan (C'holme)
TEAM: 1 Holyrood 42; 2 St Aloysius 54; 3 Glasgow High 55

February 26

TSB ROSS-SHIRE SCHOOLS' CHAMPS Alness

Over 15 boys
1 T Golabeck (Aln); 2 E McDonald (U'pool); 3 A Campbell (D'wall)
TEAM: Dingwall
U15
1 C Poole (F'rose); 2 U McKinnon (I'gordon); 3 E Thorburn (Aln)
TEAM: Dingwall
Year one
1 C Moore (D'wall); 2 J Fraser (D'wall); 3 A Glaister (D'wall)
TEAM: Dingwall
Over 15 girls
1 L Campbell (D'wall); 2 J Young (D'wall); 3 K MacWilliam (D'wall)
TEAM: Dingwall
U15
1 L Paton (Tain); 2 D Fraser (I'gordon); 3 L Campbell (D'wall)
TEAM: 1 Dingwall
Year one
1 S Smith (I'gordon); 2 E Cole (D'wall)) 3 A McKenzie (D'wall)
TEAM: Dingwall

TSB INVERCLYDE SCHOOLS' CHAMPS Port Glasgow

Over 17 boys
1 D Greig (P Mains); 2 C Sutherland (R'say); 3 D McCormick (P Mains)
TEAM: Park Mains 23
U17
1 M Polland (Wee'ton); 2 C Barlas (Gr'ck AC); 3 D Eccles (St Col Kil)
TEAM: Park Mains 41
U15
1 P Arcari (P Mains); 2 G Dobbie (P Mains); 3 M McLaren (St Col Kil)
TEAM: Park Mains 36
U13
1 J Donnelly (N Dame); 2 C Neil (P Mains); 3 C Mills (St Col Kil)
TEAM: Notre Dame 32
U11
1 L Watt (A'gowan) 2 J Dougan (St Jos) 3 D Charles (St Jos)
TEAM: Ardgowen 19
U17 girls
1 J MacMaster; 2 K Gormley; 3 J Hunt (All St Col Kil)
TEAM: St Columba's Kilmalcolm 10
U17
1 K Yule (P Mains); 2 L Kelly (P Glas); 3 P Andrews (N Dame)
TEAM: Park Mains
U15
1 P McNellis (Gr'ck AC); 2 L McIntosh (P Mains); 3 G Woods (N Dame)
TEAM: Park Mains 35
U13
1 J Muir; 2 C Meldrum; 3 S Montgomery (All St Col Kil)
TEAM: St Columba's Kilmalcolm 12
U11
1 K Jackson (A'gower); 2 M Oliver (St Jos); 3 D Reighton (St Col Kil)
TEAM: Ardgower 22

Indoor

March 9

HIGH JUMP TO MUSIC Kelvin Hall, Glasgow

THE first of its kind in Scotland, this event appropriately produced a Scottish native record, *Denis Shepherd reports*.

As British international Brendan Reilly used Ram Jam's 1977 hit *Black Betty* to clear a winning 2.21m, Scottish champion Tony Gilhooly increased his native record by 3cm to 2.18 at the first time of asking before failing narrowly at 2.21m.

A small domestic field contested the women's event with Scotland's No.1 Hazel Melvin clearing 1.80 to the sounds of *Seven Days a Week*, closely followed by Lee McConnell who set a PB of 1.77m.

Men
HJ: 1 B Reilly (Bel) 2.21; 2 T Gilhooly (Edin) 2.18 (SCO rec); 3 R Aspden (Bel) 2.15; 4 D Barnetson (I'ness) 2.10; 5 D Slessor (Bord H) 2:10; 6 C McMaster (Law, U20) 2:05; 7 D McInnes (E Kilb, U20) 8 K McKeown (Ayr S, U17) 2.00
Women
HJ: 1 H Melvin (Glas) 1.80; 2 L McConnell (Glas, U20) 1.77; 3 G Black (K'chan, U20) 1.60

REEBOK W MIDLANDS REGIONAL SPORTS HALL FINAL

U15 boys
2 lap: A Williams (Birm) 20.5
4 lap/SLJ: M Wallace (Birm) 42.5/2.89
STJ: L Burnett (Birm) 8.86
SP: M Nunes (Birm) 12.76
SB: M Newell (Warw) 89
Paarlauf: Avon 1:27.8
4x2 lap: Birmingham 1:20.6
Individual all-rounder: 1 Nunes 148; 2 Burnett 144; 3 N Gabbidon (Birm) 140
TEAM: 1 Birmingham 712; 2 Avon 627; 3 Shropshire 558; 4 Warwickshire 520; 5 Gloucestershire 476
U13
2 lap/SLJ: P Edwards (Avon) 21.7/2.42
4 lap: S Gibbs (Avon) 45.3
6 lap: M Hawkins (Warw) 1:17.4
HJ: A Collins (Birm) 1.45
STJ: J Moore (Birm) 8.54
VHJ: A Blower (Avon) 56
SP: J Young (Avon) 10.60
Paarlauf: Birmingham 1:37.2

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Circuit relay: Birmingham 1:18.4
4x2 lap: Avon 1:26.6
TEAM: 1 Birmingham 255; 2 Avon 240; 3 Warwickshire 152; 4 Shropshire 125; 5 Gloucestershire 74
U15 girls
2 lap/SLJ: D Maylor (Birm) 21.3/2.44
4 lap/SB: L Singer (Birm) 48.0/82
VHJ: G Morris (Birm) 54
SP: S Wray (Shrop) 10.89
Paarlauf: Warwickshire 1:34.1
4x2 lap: Birmingham 1:27.7
Individual all-rounder: 1eq Maylor/Singer 148; 3 E Walker 137
TEAM: 1 Birmingham 702; 2 Warwickshire 599; 3 Shropshire 590; 4 Avon 587; 5 Gloucestershire 411; 6 Worcestershire 270
U13
2 lap: S Oldham (Birm) 22.4
4 lap: H Cutler (Birm) 48.7
6 lap: T Sloper (Birm) 1:19.7
HJ: S Crawley (Birm) 1.48
VHJ: C Brown (Avon) 58
SLJ: K Randall (Avon) 2.35
SP: S Winter (Avon) 9.98
Paarlauf: Birmingham 1:31.2
Circuit relay: Warwickshire 1:19.3
4x2 lap: Birmingham 1:31.2
TEAM: 1 Birmingham 245; 2 Avon 174; 3 Shropshire 159; 4 Warwickshire 157; 5 Worcestershire 92; 6 Gloucestershire 46

March 2

WELSH SPRINTS CHAMPIONSHIPS
Swansea

Men
50: 1 T Miller (Torf) 6.2; 2 G James (Telf) 6.4
U20
50: 1 B Harland (Carm) 6.2; 2 F Childs (Brecon) 6.4; 3 J Morris (Swan) 6.4
U17
50: 1 T Benjamin (Card) 6.4; 2 A James (Neath) 6.6; 3 P Taylor (Card) 6.7; 4 L Mellor (Neath) 6.8
U15
50: 1 S Childs (Brecon) 6.7; 2 G McFail (Brecon) 6.8; 3 G Llewellyn (Card) 7.0; 4 R Davies (Myrddin) 7.0
U13
50: 1 R Davies (Myrddin) 7.5; 2 J Nicholls (Newp) 7.7; 3 P Lewis (Neath) 7.7
U20 women
50: E Robinson (Carm) 7.3
U17
50: 1 L Roberts (Newp) 7.1; 2 S Lane (Torf) 7.1; 3 M Freech (Swan) 7.2; 4 A Dimont (Swan) 7.3
U15
50: 1 L McLoughlin (Card) 6.9; 2 D Selley (Preseli) 7.0; 3 C Jones (Swan) 7.1; 4 J Davies (Carm) 7.8
U13
50: 1 J Hodge (Newp) 7.5; 2 H Price (Carm) 7.7; 3 R Pearce (Pres) 7.8; 4 C Rowlands (Neath) 7.2

REEBOK SPORTS HALL SOUTH-WEST REGIONAL FINALS
Portsmouth

U15 boys DMX SERIES 2000 NATIONAL ALL ROUNDER COMPETITION
MATCH: 1 Isle of Wight 703; 2 Sussex 609; 3 Oxford 557; 4 Berkshire 545; 5 Hampshire 522
2 lap: N Douglas (Ox) 21.3
4 lap: D Wylde (Sussex) 44.7
SLJ: J McAllister (Berks) 2.59
STJ: I Thistlewood (IoW) 8.24
SP: R Coxon (IoW) 21.32
SB: M Waters (IoW) 85
Paarlauf: Isle of Wight 1:32.4
4x2 lap: Sussex 1:26.9
Best All Rounder: 1eq R Coxon (IoW)/I Rock (IoW) 142; 3 J McAllister (Berks) 137
U13 boys HEXALITE NATIONAL TEAM CHALLENGE
MATCH: 1 Isle of Wight 275; 2 Sussex 206; 3 Oxfordshire 173; 4 Hampshire 132; 5 Berkshire 60
2 lap: D Clack (Ox) 22.0
4 lap: 1eq M Roberts (Sussex)/P Markwick (Sussex) 48.2
6 lap: M Ashton (Ox) 1:19.3
HJ: J Connor (Hamp) 1.39
SLJ: I Law (IoW) 2.34
STJ: J Venables (IoW) 7.06
VJ: S West (Ox) 0.69
SP: A Archer (IoW) 9.54
Circuit Relay: Isle of Wight 76.2
Paarlauf: Isle of Wight 1:39.0
4x2 lap: Sussex 1:31.5
U15 girls DMX SERIES 2000 NATIONAL ALL ROUNDER COMPETITION
MATCH: 1 Sussex 661; 2 Oxford 648; 3 Berkshire 556; 4 Hampshire 539; 5 Isle of Wight 355
2 lap: R Essex (Sussex) 23.0
4 lap: G Howell (Sussex) 46.7
SLJ: R Essex (Sussex) 2.40
VJ: 1eq G Howell (Sussex)/W Plienmolee (Berks) 0.65
SP: L Newman (Sussex) 10.24
SB: L Brandon (Ox) 82
Paarlauf: Sussex 1:37.5
4x2 lap: Oxford 1:32.6
Best All Rounder: 1 L Newman (Sussex) 132; 2 R Essex (Sussex) 131; 3eq G Howell (Sussex)/T Vine (Hamps) 130
U13 girls HEXALITE NATIONAL TEAM CHALLENGE
MATCH: 1 Isle of Wight 231; 2 Sussex 210; 3 Oxfordshire 197; 4 Hampshire 122; 5 Berkshire 86
2 lap: M Johansen (Ox) 22.8
4 lap: J Afford (Ox) 49.5
6 lap: H Davis (IoW) 1:18.6
HJ: 1eq Emily Hartridge (Hamp) & L Uncle (IoW) 1.39
SLJ: K Morris (IoW) 2.20
STJ: C Giancovich (IoW) 6.98
VJ: S Barnes (Susex) 0.63
SP: Y Currie (IoW) 9.42
Circuit Relay: Isle of Wight 80.1
Paarlauf: Isle of Wight1:39.8
4x2 lap: Oxford 1:32.9

February 26

INVITATION MATCH
NIA, Birmingham

Men
MATCH: 1 Brunel University College 184; 2 Loughborough University 165; 3 Birmingham University 148; 4 Royal Air Force 137; 5 Army 122; 6 Royal Navy 31
60: 1 A Hughes (RAF) 7.08; 2 J Quarry (Brunel) 7.07; BJ Thomas (Army) 7.00; 2 G Beasley (Brunel) 7.05
60 (guest): T Barton (Lough) 6.96
300: 1 D Nolan (Army) 35:21; 2 A Francis (Lough) 35:62; 3B M Blade (Army) 35:20
300 (guest): A Bargh (Lough) 35:48
600: 1 J Levy (RAF) 1:19.60; 2 A Mole (Brunel) 1:20.18
1000: 1 B Suton (Birm) 2:26.89; 2 A Donaldson (Lough) 2:27.15
3000: 1 S Body (Brunel) 8:29.32; 2 S Neill (RAF) 8:33.30
60H: Quarry 8.1
HJ: 1 R Aspden (Brunel) 2.05; 2 M Sweeney (Birm) 2.00
PV: 1 B Thomas (Birm) 4.60; 2 R Thickpenny (Brunel) 4.40
LJ: 1 A Lewis (Brunel) 6.84; 2 A Walker (Army) 6.83
TJ: 1 Walker 14.58; 2 S Bobb (Brunel) 14.44
SP: 1 M Edwards (Lough) 15.97; 2 M Wiseman (Army) 14.78
4x200: 1 Brunel 1:29.47; 2 Loughborough 1:29.57; 3 Birmingham 1:31.57
Women
MATCH: 1 Brunel University College 137; 2 Loughborough University 123; 3 Birmingham University 114; 4 Royal Air Force 97; 5 Army 75; 6 Royal Navy 42
60: 1 S Williams (Brunel) 7.80; 2 J Impett (Lough) 7.86
300: 1 E Williams (Brunel) 40.69; 2 J Peet (Birm) 40.95
600: 1 J Harknett (Birm) 1:35.38; 2 S Veysey (Lough) 1:39.48
1000: 1 S Simmons (Brunel) 2:58.34; 2 R Thomson (Army) 3:03.58; B C Golf (Brunel) 3:02.57
60H: 1 C Done (RAF) 8.96; 2 K Sotherton (Brunel) 8.97
HJ: 1 B Moffat (Birm) 1.55; 2 F McWhinnie (Lough) 1.50
PV (guest): 1 F Peake (Brunel) 2.80; 2 S Woods (Lough) 2.80; 3 D Wright (Brunel) 2.80
LJ: 1 L Eden (Birm) 5.60; 2 I Donaldson (RAF) 5.03
SP: 1 E Merry (Lough) 12.92; 2 Done 12.20
4x200: 1 Brunel 1:44.13; 2 Birmingham 1:44.42; 3 Loughborough 1:46.26

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Track

March 9

WARRINGTON OPEN

Men
80/150: C Brennan (Elan) 9.5/17.2
300: C Stow (Warr) 38.4
600: 1 I Tinsley 1:22.7; 2 I Weatherall 1:23.5; 3 P Lennon (Sheff) 1:24.6
1200: M Bailey (Newc) 3:27.5
300H: N Petley (Warr) 41.3
HJ: A Norman (AFD) 1.55
SP: A Rollins (Wig) 13.01
DT: J Coates 30.04
JT: R Bradburn (Warr) 50.30
U17
80: C Giles (SStH) 10.1
150/300: A Buckley (Ceepac) 17.4/36.1
300H: A Wareing (Alt) 46.6
HJ: J Manning (Whit H) 1.75
SP: A Rollins 14.11
DT: J Parkin 41.08
U15
80/150: J Gadsby (Whit H) 10.6/19.6
600/SP: A Wilson (Hynd) 1:36.5/11.96
1200: M Orr (Macc) 3:50.5
HJ/JT: R Skeed (Stoke) 1.63/35.90
U13
80/150/600: J R Devey (Vale R) 11.7/21.3/1:47.7
U11
80/150: B Kennedy (Wirr) 12.1/23.1
600: C Joel (Liv H) 1:54.1
Women
80/SP: M Murry 10.5/8.49
300: J Hicken (Warr) 45.3
600: L Joel 1:44.4
U17
80: L Riely (SStH) 10.8
150: H Carrol (Elan) 19.6
300: C Gibbons (Liv H) 43.7
600: L Hitchin (unatt) 1:54.8
1200: M Buttei (Midd) 4:12.4
HJ: R Snelson (Macc) 1.50
SP: E Morris (Burn) 9.81
JT: F Moran 29.10
U15
80: L Raeburn (SStH) 10.9
150: 1eq H Carberry (L&P)/A Bateson (Whit H) 20.9
1200: G Greenall (SStH) 4:28.6
HJ: C Plevin (Warr) 1.45
SP: N Mullineux (SStH) 6.90
JT: T Leatherbarrow 16.61
U13
80/150: S Wall (Leigh) 11.4/21.0
600: A Lyons (Liv H) 1:49.6
1200: K Kirkham (Macc) 4:16.4
U11
80/150: L Willey (Wig) 12.1/22.9
600: V Pilling (SStH) 2:03.5

March 6

TRAFFORD OPEN
Stretford

Men
60/150: M Bridle (Traff) 7.1/16.7
300: R Workman (E Ches) 36.0
800: I Lawton (E Ches) 2:06.0
1500: A Atkinson (Keigh HR) 4:08.2
3000: K Hatton (Liv) 8:57.7
U20
60/150: I Hughes (Ynys Mon) 7.6/17.9
300: D Smith (Leigh) 40.1
800: S Riley (Park HS) 2:12.7
3000: S Moss (Alt) 9:48.0
U17
60: S Watt (Traff) 7.7
300: R Fearnley (Leigh) 41.0
1500: K Costello (Macc) 4:39.9
3000: A Wareing (Alt) 9:38.7
U15
60: C Marsh (O&R) 8.4
800: C Taylor (Hallam) 2:15.4
1500: M Corr (Macc) 4:44.6
U13
60: M Jones (Traff) 10.0
150: A Steele (Traff) 22.4
800: A Whitehead (Burn) 2:48.2
1500: M Hall (Park HS) 5:27.8
U11
60/150: S Jones (Traff) 11.1/29.5
800: D Cooke (Traff) 2:52.6
Women
60: N Pickford (Stock) 9.1
150: A Osborne (O&R) 21.2
300: E Waters (Kett) 42.4
800: C Kenyon (Alt) 2:30.1
U17
60/150: C Russell (O&R) 8.3/19.8
300: S Phillips (O&R) 53.1
U15
60: 1 S McLeggan (Traff) 8.7; 2 L Trotman (Traff) 8.7; 3 H Jarman (Traff) 8.7
150: Trotman 20.9
300: C Roddis (Macc) 49.8
800: S Walker (Park HS) 2:37.0
1500: N Edworthy (Park HS) 5:05.9
U13
60: S Kearns (O&R) 9.7
150: A Jarman (Traff) 25.4
U11
60/150: L Willey (Wig) 9.5/23.7

March 5

LONDON UNIVERSITY CHAMPS
Tooting Bec

Men
100/200: C Emagi (Barts) 11.5/23.6
800/1500: J Beerase (Kings) 1:56.1/4:16.4
3000: D Onoufriou (Imp) 10:53.9
5000: J Greenwell (Barts) 16:41.7
110H: C Barlow (Imp) 17.0
400H: A Shelhorn (Kings) 78.3
HJ/HT: J Davis (RHoll) 1.65/33.02
PV/SP/JT: A Sharpe (Kings) 3.20/12.31/54.14
4x100: Kings 46.7
4x400: Imperial 3:41.5
Women
100/LJ: G Holt (LSHyg) 13.5/5.40
200: C Ong (Imp) 29.2
400/800: L Bowers (RHoll) 66.0/2:32.7
1500/3000: J Cox (Imp) 4:53.3/10:10.6
100H/HJ/PV: E Collins (Imp) 20.0/1.45/1.00
400H: S Griffiths (RHoll) 73.9
SP: C Demetriou (Imp) 7.16
HT: S Mayes (RHoll) 14.20
4x100/4x400: Imperial 57.7/4:27.7

Fell

March 9

BLACK COMBE RACE
Silecroft, Cumbria

QUALITY fields invariably produce quality times and this race proved no exception as the leading runners in both races bettered the previous course records, *Gareth Webb reports.*

Ian Holmes, bidding to become the first man to retain both British and English titles, got his championship campaign off to the best possible start by carving over two minutes off Mark Roberts' two-year-old course record of 67:39.

Holmes, running the race for the first time, admitted he was unsure of the route and sat in behind the in-form Alan Bowness and Rob Jebb through the misty conditions on the first ascent up Black Combe.

From then on the three stayed locked together until they came off White Combe and on to Black Combe for a second time at which point Bowness and Holmes pulled clear leaving Jebb trailing in third.

Once they met the descent again "and I knew where I was", Holmes kicked clear and came home to win by almost a minute with Bowness, Jebb and Jim Davies (in fourth) also bettering the old mark.

Holmes said: "I felt a bit bad sitting in like that but as it was misty and I wasn't sure where I was going, I had no choice. Alan and Rob ran brilliant races and it was a good pace the whole way.

"My next race will be the Three Peaks (April 27) and I'll be looking to get in some good, long runs over the next five weeks or so."

Despite admitting, a couple of weeks earlier that he wasn't expecting to be firing on all cylinders by the time of the championship opener, last year's M40 champion Dave Neill once again produced a marvellous performance to place fifth overall less than a minute ahead of Bradford warehouse storeman Steve Oldfield.

Last year's Scottish championship 10th-placer Mari Todd smashed Helen Diamantides' three-year-old course record of 84:13 by almost six minutes.

Nicola Davies, whose championship ambitions were left in tatters last year after she broke her leg at Fairfield, also dipped inside the old mark - as did two-times British champion Clare Crofts, returning to form after recovering from the debilitating condition viral encephalomyelitis.
Men (9M, 3800ft; Inc English Champs Race 1 of 6)
1 I Holmes (Bing) 65:18 (rec); 2 A Bowness (CFR) 66:05; 3 R Jebb (Bing) 66:24; 4 J Davies (Borrow) 67:37; 5 D Neill (Mercia, M40) 67:48; 6 S Oldfield (Brad Air, M40) 68:39; 7 J Atkinson (A'side) 68:52; 8 M Roberts (Borrow) 68:57; 9 B Thompson (CFR) 69:12; 10 S Booth (Borrow) 69:22; 11 G Devine (P&B) 69:28; 12 C Roberts (Ken) 69:29; 13 G Watson (Alt) 69:42; 14 G Oldfield (Brad Air) 69:50; 15 A Trigg (Gloss) 70:15; 16 I Postlethwaite (CFR) 70:39; 17 J Blackett (Mand) 70:41; 18 G Huddleston (CleM)

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70:58; 19 B Bardsley (Borrow) 71:26; 20 G Schofield (Horw, M40) 71:38; 21 Paul Sheard (P&B) 71:50; 22 N Conway (Dark P) 71:53; 23 R Jackson (Horw) 71:59; 24 D Gartley (Gloss) 72:04; 25 A Preedy (Ross) 72:09; 26 S Culshaw (Horw) 72:12; 27 A Jones (Gloss, M40) 72:17; 28 N Sharp (Kes) 72:27; 29 M Hayman (Dark P) 72:28; 30 K Davies (PFR) 72:29
M50: 1 P McWade (CleM) 74:52; 2 D Tait (Dark P) 78:15; 3 K Carr (CleM) 78:26; 4 K Bartley (CFR); 5 J Clemens (Mercia)
M60: 1 H Catlow (unatt) 95:48; 2 C Henson (Dark P) 97:14; 3 B Leathley (CleM); 4 J Garbarino (Ach R); 5 R Bray (B&F)
TEAM: 1 Borrowdale 81; 2 Cumberland Fell Runners 101; 3 Horwich 134; 4 Kendal 195; 5 Glossopdale 215; 6 Ambleside 217; 7 Pudsey & Bramley 230; 8 Clayton-le-Moors 249; 9 Mercia 367; 10 Calder Valley 397
Women
1 M Todd (A'side) 78:49 (rec); 2 N Davies (Borrow, W35) 82:54; 3 C Crofts (Dark Peak, W35) 83:41; 4 J Clark (P&B) 84:25; 5 V Peacock (CleM, W35) 85:43; 6 G Cook (Roch, W35) 86:52; 7 N Lavery (A'side) 87:26; 8 J Jones (Kes, W35) 89:45; 9 L Osborn (Kes) 90:07; 10 S Brown (Bowland) 91:35
W45: 1 W Dodds (CleM) 98:47; 2 S Sharman (Helsby) 1:45:56
TEAM: 1 Dark Peak 641; 2 Keswick 669; 3 Pudsey & Bramley 688; 4 Clayton-le-Moors 714; 5 Cumberland Fell Runners 830; 6 Rochdale 857; 7 Denby Dale 862; 8 Pennine 867

ELM TREE FARM RACE
Preston Patrick, Cumbria

Men (3.5M, 933ft)
1 A Crossland (Long) 19:43; 2 G Heard (Keigh HR) 20:13; 3 H Gott (unatt) 20:26; 4 G Morris (Ken) 21:42; 5 D Butler (Helm HR) 22:26; 6 S Briggs (Keigh HR) 22:51; 7 B Slater (Keigh HR) 23:02; 8 D Richardson (Helm HR) 23:35; 9 B Scholes (Helm HR) 23:53; 10 K Graham (Helm HR) 24:19
U17: 1 B Harrison (unatt) 20:36; 2 L Loughlin (Settle) 21:26; 3 P Lodge (unatt) 24:11; 4 R Cryer (Helm HR) 28:07
U14: 1 G Story (Helm HR) 8:06; 2 Adam Wilkin (Helm HR) 8:13; 3 B Tyson (unatt) 8:20
U12: 1 Andrew Wilkin (Helm HR) 8:38; 2 M Wright (unatt) 8:41; 3 D Shepherd (Settle) 9:12
Women
1 K Slater (Keigh HR) 22:54; 2 Z Winder (Ken) 26:51; 3 J Graham (Helm HR) 29:50; 4 N Westworth (Helm HR) 29:50
U16: 1 H Westworth (Helm HR) 9:18; 2 S Shepherd (Settle) 9:48; 3 J Jackson (Ken) 9:52; 4 S Slater (Settle) 9:56; 5 K Bowe (Helm HR) 10:03

OSSY OIKS RACE
Osmotherley, N Yorks

MELVIN BURN proved the stronger on the mile-long run-in dip home by just one second from New Marske's Paul Buckby and set an inaugural course record, *Gareth Webb reports*.

Things could have been much different, however, had the rapidly-improving Kevin Carter maintained the 50m lead he opened after powering down a steep gulley two miles into the race.

Carter was the only runner to follow this potentially hazardous route but wasn't able to hang on to his lead, eventually losing out to his more experienced rivals.
Men (10M, 1800ft)
1 M Burn (T&S) 56:12 (rec); 2 P Buckby (New M, M40) 56:13; 3 K Carter (Mand) 57:13; 4 B Willis (Roy) 57:22; 5 S Scott (unatt) 57:36; 6 G Owens (Morp, M40) 58:37; 7 S Backhouse (Scar Str) 59:20; 8 P Woollons (Rown) 59:37; 9 P Kelly (Darl) 59:52; 10 S Mummery (Rown, M40) 60:08
M50: 1 M Hetherton (Rown) 63:29; 2 A Whiteley (T&S) 66:17
M60: R Bainbridge (Mand) 71:22
Women
1 A Lenderyou (Darl) 67:09 (rec); 2 T Ambler (Ilk) 69:39; 3 S Webb (unatt, W35) 69:58; 4 J Soper (T&S, W35) 74:32; 5 S Jemson (New M) 78:13
W45: P Kirby (T&S) 79:43

SLIEVE GULLION RACE
Killevey, near Newry

IN a solo run in thick mists, three-times Northern Ireland champion Brian Ervine slashed 47 seconds off his four-year-old course record, *Gareth Webb reports*.
Men (3.5M, 1000ft)
1 B Ervine (Bally) 29:07 (rec); 2 N Carty (NBH) 31:27; 3 B McKay (Albert, M45) 35:37; 4 V McAlinden (Barf) 36:26; 5 R Schaeffer (Albert) 38:13; 6 I McMurray (Barf, M40) 38:46; 7 W McGee (Larne, M50) 38:56; 8 P McCullough (Newc) 39:01; 9 R Ferry (Mid Ulster, M50) 40:30; 10 G Clarke (Albert) 40:48
TEAM: 1 Albertville 18; 2 Barf 23
Women
1 A Sandford (Bally) 46:38; 2 S Porter (Barf) 52:59

March 8

LLANTYSILIO RACE
Rhewl, Clwyd

FORMER British U18 champion Tim Davies led from start to finish to take the honours in the opening Welsh championship race, *Gareth Webb reports*.

The 19-year-old Mercia runner, who last year placed seventh in the World Trophy U20 race as well as sixth overall in the Welsh championships, held off teammate Sean Mansbridge to take well over a minute off his own year-old course record of 47:51.

Wrexham's Victoria Musgrove took advantage of the absence of championship favourites Menna Angharad and Sharon Woods in the women's race to finish 67th overall and comfortably hold off the challenge of last year's bronze medallist Helen Tedcastle.

The next Welsh championship event in the six race series will be at Pen Cerrig Calch on March 22.
Men (7.5M, 2600ft; Inc Welsh Champs Race 1 of 6)
1 T Davies (Mercia, U20) 47:27 (rec); 2 S Mansbridge (Mercia) 48:28; 3 J McQueen (Eryri) 48:40; 4 T Taylor (MDC) 48:54; 5 J Bass (MDC) 49:54; 6 I Powell (Read) 49:58; 7 A Carruthers (Hales) 50:17; 8 D Huws (Eryri) 50:21; 9 A Woods (MDC) 52:17; 10 P Hands (Leic) 52:25
M45: J Hope (Ach R) 53:45
M50: D Williams (Eryri) 53:07
M55: P Norman (Wrex) 58:16
M60: G Gartrell (Wrex) 70:46
TEAM: 1 Mynydyr de Cymru 32; 2 Eryri 34; 3 Mercia 64
Women
1 V Musgrove (Wrex, W40) 63:45; 2 J Harrison (MDC) 66:29; 3 H Tedcastle (Mercia) 69:27; 4 G Cross (P'tatyn, W35) 73:38; 5 A Goodall (Mercia, W40) 73:41
W45: M Coxon (unatt) 98:12

HALF TOUR OF PENDLE
Barley Village, Lancs

SEAN LIVESEY won the event for the second year running, *Gareth Webb reports*.

The number of finishers was some way down on previous years owing to the English Championship opener at Black Combe just 24 hours later.
Men (9M, 2250ft; Inc Lancs Champs)
1 S Livesey (CleM) 65:00; 2 M Horrocks (CleM, n/s) 67:05; 3 M Aspinall (CleM) 67:33; 4 S Sweeney (CleM) 68:41; 5 S Thompson (CleM) 69:19; 6 P Thompson (B'burn) 69:47; 7 M Corbett (Ross) 70:17; 8 G Sumner (Ross) 71:58; 9 J Feeney (Bing) 72:01; 10 I Greenwood (CleM) 72:06
M40: 1 G Cunliffe (CleM) 75:12; 2 S Taylor (CleM) 75:46; 3 A Robinson (CleM) 75:54
M50: 1 R Hargreaves (CleM) 72:48; 2 B Mitchell (CleM) 73:32
Women
1 K Wallis (CleM, W35) 87:13; 2 J Rawlinson (CleM, W35) 91:17; 3 C Dewhurst (CleM) 91:18; 4 L Hayles (Hal, W35) 94:33; 5 C Spain (CleM) 94:35
No finishers: 176
Lancashire Champs
Men: 1 Livesey; 2 Horrocks; 3 Aspinall
Vets: 1 Hargeaves; 2 Mitchell; 3 Cunliffe
TEAM (four to count): Clayton-le-Moors 13
Women: 1 Wallis; 2 Rawlinson; 3 Dewhurst
Juniors (3M, 625ft)
Boys: 1 C Miller (Harr, 14) 21:38; 2 L Broadley (Bing, 14) 22:00; 3 C Swire (CleM, 13) 22:45
Girl: J Astin (Roch, 12) 27:44

CLOGGERS RACE
Mytholmroyd, W Yorks

HAVING notched up six wins already this year on her return from injury and childbirth, former world champion Carol Greenwood produced the best performance of the lot as she placed third overall to take over 16 minutes off the year-old course record of 2:06:00, *Gareth Webb reports*.

Although victories thus far at Boulsworth, Auld Lang Syne, Stanbury, Mickleden, Noon Stone and the recent Wadsworth Trog Race underlined her form, the way Greenwood blasted clear (with eventual race winner Julian Rank) in the early stages was either a sign of sheer audacity or supreme confidence.

In the end the results tell their own story as the two-times English champion took advantage of Robin Skelton taking a wrong line (one of many!) in the latter stages to comfortably take third.

Rank proved the stronger in the final few miles as race organiser Jeff Winder - who showed tremendous sportsmanship in calling Rank back on to course when he strayed off-route on several occasions - finished second and first veteran home.
Men (11M, 3200ft)
1 J Rank (Holm) 1:40:56; 2 J Winder (Cald V, M45) 1:41:52; 3 C Greenwood (Bing, W) 1:49:44 (rec); 4 R Skelton (Cald V) 1:53:58; 5 M Scott (Fellan) 2:03:57; 6 I Speight (Pres H) 2:03:57; 7 J Baker (E Hull, M40) 2:04:58; 8 G Porter (PFR) 2:04:32; 9 A Thompson (Cald V) 2:04:41; 10 A Lee (Ross) 2:04:49
M40: 2 R Griffiths (Holm) 2:09:04; 3 S Moran (Horw) 2:05:08
M45: 2 R Marlow (Dark P) 2:04:00; 3 M Crook (Horw) 2:08:50
M50: 1 G Breeze (Skyrac) 2:04:57; 2 D Illingworth (Brad Air) 2:06:11; 3 G Collinson (Fellan) 2:07:00
Women
1 C Greenwood (Bing) 1:49:44 (rec); 2 M Hobley (Fellan) 2:37:37; 3 C Armstead (Otley, W35) 2:37:37

March 2

BISHOP HILL RACE
Scotlandwell, Fife

Men (2.5M, 1000ft)
1 J Brooks (L'ber) 17:06; 2 A Ward (Carn) 17:54; 3 J Davies (Carn) 17:58; 4 J Hepburn (L'ber) 18:01; 5 J Wilkinson (Shett) 18:06; 6 J Thin (Carn) 18:11; 7 M Rigby (W'lands) 18:29; 8 M Taverner (Carn) 18:35; 9 D Crowe (Shett) 18:51; 10 D Weir (Perth) 18:55; 11 G Barber (Cos) 18:57; 12 G Ackland (Liv) 19:02; 13 N Martin (Lomond) 19:15; 14 J Blackett (M'dale) 19:17; 15 A Davenhill (Shett) 19:19
TEAM: Carnethy 19
U20: A Cassells (Fife, U17) 19:32
M40: M Laing (Fife) 19:54
Women
1 T Brindley (Cosmic) 20:45; 2 K Bell (Carn) 23:05; 3 J Rae (W'lands) 23:41
W35: A Nimmo (Carn) 24:47

Multi-terrain

March 9

RODDLESWORTH ROLLER
Chorley

LESS than 24 hours after finishing 19th in the U20 men's race at the View From English National Cross Country Championships, Bolton PE student Stuart Stokes roared to victory in a three-man struggle at the climax of this popular five miler, *Keith Bradshaw reports*.

On the first serious climb, at about one-and-a-half miles, Stokes, Jason Lobo and Ben Rieper broke free from the pack. Thereafter it was a three-cornered battle until the final 200 metres, when Stokes kicked to sprint home on the long flat run-in.

He said: "My legs felt still after the cross country, but we pulled each other along. I just wanted to hand in with the other two, and see what happened. Luckily it paid off."

Policeman Lobo was pleased to finish second. Coming back from a recent calf injury, he's into serious preparation for a full track season, competing at 800 and 1500 metres.

Horwich's Heather Heasman ran away with the women's race, finishing 14th overall, two minutes ahead of clubmate Jan Rasleigh.

Heasman explained: "I missed the National because I want to concentrate on the roads and build up for the 10,000 on the track. It was important to have a good run today to get ready for the AAA Half-marathon.."
Men (approx 5M)
1 S Stokes (Bol) 22:30; 2 J Lobo (B'burn) 22:36; 3 B Rieper (Leigh) 22:39; 4 T Rowlands (Horw) 23:31; 5 D Flatley (Horw) 23:35; 6 K Moss (Vale M45) 24:00. 7 M Coulthurst (Red R) 24:19; 8 N Tattersall (Hynd, U20) 24:33; 9 A Alty (Unatt) 24:40; 10 M Heaton (Linc W) 24:49; 11 R Hope (Horw) 24:53; 12 I Clinch (Pres, M40) 24:55; 13 P Smith (Bol) 24:57; 14 H Heasman (Horw, F) 25:02; 15 A Stubbs (Cle M) 25:08; 16 C Cardwell (Bol) 25:39; 17 N Holding (Darw) 25:41; 18 S Sharples (Chor H) 26:11; 19 M Ellison (Chor AC, U20) 25:58; 20 S Hancock (Liv PS) 26:00; 21 G Booth (Chr H) 26:11; 22 P Corlett (Chor AC) 26:16; 23 J Hales (Bol) 26:16; 24 M Robinson (Unatt) 26:26; 25 S McMyler (Rad) 26:27
M50: P Gillham (Chor H) 27:03
M55: J McDonald (Chor H) 30:26
M60: B Rogers (Salf) 30:23
TEAM: Horwich 20
VET TEAM: Bolton 103
Women
1 Heasman 25:02; 2 J Rashleigh (Horw, W35) 27:28; 3 L Quigley (Wig P) 28:11; 4 Z Braithwaite (Darw) 31:08; 5 J Pound (Chor AC, W40) 31:22; 6 D Field (Horw, W35) 32:46; 7 S Brownhill (Chor H) 33:04; 8 J Chaplin (Chor H, W35) 33:06; 9 G Farnworth (Chor H) 33:08; 10 J Leary (Ross) 33:09
W45: J Reddith (Unatt) 36:14
W50: J Wilkinson (Wig P) 37:11
W55: P Ashton (N Vets) 41:08
TEAM: Norwich 9

KENT v ESSEX MOB MATCH
Plumstead

Men (6M)
1 G Holbrook (unatt) 32:40; 2 J Barker (Thrift) 33:13; 3 P Wallace (Med, M40) 34:23; 4 I Mulley (Hav 90) 34:29; 5 S Nice (Med, M40) 34:32; 6 An Other (Ford FC) 34:40; 7 R Hall (Cant) 35:22; 8 D Law (M'stone) 35:45; 9 B Bax (Med) 36:04; 10 I Whitmore (Med, M40) 36:06
M50: K Bench (Thrift) 41:22
M60: J Virgo (Castle) 48:44
TEAM: 1 Kent 294; 2 Essex 791
Women
1 K Fletcher (Med) 40:19; 2 L Platter (Thrift) 42:02; 3 J Smith (Thrift) 42:31; 4 A Fraser (Brom V, W35) 46:29; 5 D Lonagan (New Elt, W35) 46:30.
W45: A Charkiewicz (New Elt) 46:47
COMBINED TEAM: 1 Medway 318; 2 New Eltham J 514; 3 Thrift Green Trotters 523; 4 Plumstead R 596; 5 Maidstone Harriers 703

March 8

LAIRIGMOR WEST HIGHLAND WAY
Kinlochleven to Fort William

Men (13M, all Lochaber)
1 S Burns 1:27:51; 2 W Brooks 1:32:52; 3 A McLennan 1:36:58; 4 R Boswell (M40) 1:37:51 (rec); 5 D Brown 1:38:30; 6 G Brooks (M40) 1:44:04; 7 A Pottinger 1:44:38; 8 W Brooks (M40) 1:45:12; 9 J McKay 1:45:38; 10 B Smith 1:47:36
M50: D McDonald 1:53:08
M60: J Maitland 1:56:26
Women
1 J Anderson 1:53:16 (rec); 2 H Searle (W35) 2:02:41; 3 S Byrne 2:04:46

March 2

CALDERGLEN RACE
East Kilbride

Men (6M)
1 K Downie (Cambus) 30:32; 2 A Muir (S'clyde U) 30:38; 3 I Reid (Cambus) 30:59; 4 T Anderson (K'chan) 31:30; 5 I Taylor (Carnegie) 32:12; 6 J Brown (Carn) 32:30; 7 M Duthie (C'glen) 33:29; 8

Walks

March 9

MIDLAND YAG CHAMPS
Solihull

THE biggest surprise of the day was the disqualification of the U20 10km hot favourite Michael

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Kemp, *Paul Warburton reports*.

Kemp has been setting the Midland walks scene on fire in the last six months and was on course to qualify for a World Juniors place. But he was removed on the eighth of 12 laps, which let in team-mate Scot Taylor.

In a championships dominated by Leicester in the boys' races, Lloyd and Luke Finch led the way while Katy Mann and Natalie Green in particular gave Solihull command in the girls' events.

U20 men (10km)
1 S Taylor (Leic) 49:53; 2 M Sandal (Leic) 65:55
U17 (5km)
1 T Taylor (Leic) 23:07; 2 M Deacon (Bir) 26:56
U15 (3km)
1 Lloyd Finch (Leic) 14:26; 2 A Ball (Bir) 15:17; 3 M Moulds (Leic) 16:51; 4 B Hibberd (Leic) 17:06
TEAM: Leicester 8
U13 (2km)
1 Luke Finch (Leic) 11:33; 2 G Forsythe (Tam) 16:48
U11 (1km)
1 M Mullender (CB) 6:29; 2 A Bachra (CB) 6:59; 3 J Firkin (CB) 7:06; 4 M Furnival (CB) 8:06
U20 women (5km)
L Randall (W&B) 31:36
U17 (5km)
1 L Richmond (SSH) 27:23; 2 L Airey (Bir) 27:57
U15 (3km)
1 K Mann (SSH) 16:18; 2 N Watson (SSH) 16:39; 3 N Evans (W&B) 17:19; 4 J Shipley (SSH) 17:26; 5 S Jones (SSH) 18:18
TEAM: Solihull & Small Heath 7
U13 (2km)
1 N Green (SSH) 12:43; 2 N Reynolds (W&B) 13:29; 3 S Forsythe (Tam) 14:43
U11 (1km)
1 G Parker (CB) 6:32; 2 K Finch (Leic) 6:35; 3 P Charles (SSH) 7:25; 4 E Jeenes (SSH) 7:25; 5 Z Forsythe (Tam) 7:30

SARNIA 10km Guernsey

Men (all Sarnia AC)
1 R Elliott 51:54; 2 K Le Noury 64:07; 3 M Le Sauvage (M50) 64:18; 4 D Johnson (M45) 64:25; 5 D Le Pelley 68:58
Women
1 R Druckes (W50) 66:19; 2 M Querepel 73:59; 3 P Fallaize (W5) 76:46

March 8

SRWA YAG CHAMPS & CAMBRIDGE HARRIERS WINTER LEAGUE Bexley

TWO disqualification cards put the brakes on Graeme Jones, who was glancing over his shoulder at fast-finishing Noel Carmody, *Paul Warburton reports*.

The new Euro Vets' indoor champion ran out of road but Matthew Hales was always in charge of the junior title, even though Andy Goudie spearheaded an overall Belgrave team win.

In the U15 event, Colchester were grateful for a previous set of good results as Dominic King incurred the displeasure of the judges after he had crossed the line in the wake of twin brother Daniel.

Perri Williams also faced the dreaded red disc with only one lap left while leading by 40 metres to let in Lisa Kehler for her second win in seven days. The former UK record-holder, better known as Lisa Langford, is hoping her current form will remind selectors of her pedigree in time to be chosen for Britain's World Cup team in April.

Men (10km)
1 G Jones (Ilf) 44:49; 2 N Carmody (Camb H, M40) 45:09; 3 M Hales (SyWC, U20) 46:11; 4 M Dane (Bel) 47:56; 5 A Goudie (Bel, U20) 49:40; 6 S Uttley (Ilf) 50:07; 7 P Hannell (SyWC, M50) 53:00; 8 L Dordoy (Ilf, M40) 53:41; 9 G Beattie (Med) 56:27; 10 S King (Col, M40) 56:34; 11 P King (Bel, M40) 56:25; 12 S Holliday (Med, M50) 57:38; 13 D Wheaton (Med, M55) 57:43; 14 P Cassidy (Lough, M50) 58:07; 15 S Crane (SyWC, U20) 59:23; 16 P Crane (SyWC, M50) 59:39; 17 K Livermore (Enf, M65) 59:43; 18 H Rennie (Camb H, M40) 61:25; 19 P Selby (SyWC, M45) 61:31; 20 W Coleman (Camb H) 66:30; 21 J Godbeer (Camb H, M55) 61:47; 22 A Scholier (Col, M45) 68:16; 23 S Bennett (L Vids, M70) 69:09; 24 D Ainsworth (Ilf, M40) 70:07
TEAM: 1 Ilford 15; 2 Belgrave 20; 3 Medway 34; 4 Surrey WC 35; 5 Cambridge H 40
Overall: Carmody
Overall team: Belgrave
U17 (5km)
1 N Whorlow (Bel) 23:50; 2 R Metalle (Bel) 35:06
Overall: Whorlow
U15/U13 (2.5km)
1 Dan King (Col) 12:26; 2 V Scholier (Col) 12:57; 3 P Graham (Bel, U13) 14:06; 4 S McNally (Bel, U11) 15:08; 5 D Fernandez (Lough, U13) 15:19; 6 S Whorlow (Bel, U13) 17:29; 7 L Willis (Pemb) 18:15
TEAM: Belgrave 16
Overall: Dom King (Col)
Overall team: Colchester
U11 (1km)
1 S McNally (Bel) nt; 2 P Warren (Steyn) 7:57; 3 A Graham (Bel) 8:10; 4 S Willis (Pemb) 8:19; 5 S King (Col) 8:33; 6 J Gent (Pemb) 9:20; 7 R Gore (Dart) 9:27
Overall: McNally
Women (5km)
1 L Kehler (W&B) 23:16; 2 V Snook (AFD) 24:20; 3 S Brown (SyWC, W45) 24:20; 4 D Wallen (AFD, U20) 25:20; 5 A Lewis (AFD, W45) 26:43; 6 S Warren (Steyn, U20) 27:00; 7 C Van Doorn (Sutt, U20) 27:50; 8 H Carless (Sutt, U20) 30:05; 9 M Worth (Steyn, W65) 30:37; 10 K Wallace (Camb H) 30:44; 11 P Phillips (Ilf, W45) 32:32; 12 L Pearch (Camb H) 32:37; 13 P Ficken (SyWC, W45) 32:38; 14 C Gray (Camb H) 32:39
TEAM: 1 Aldershot, Farnham & District 11; 2 Steyning 45; 3 Cambridge Harriers 54
Overall: Lewis
Overall team: Aldershot, Farnham & District
U17 (5km)
1 B Tisshaw (Dart) 26:04; 2 A Hales (Steyn) 26:42; 3 K Coleman (Steyn) 28:26; 4 J Sealy (Dart) 29:42; 5 T Gorman (Bel) 30:28
TEAM: Dartford 17
Overall: Tisshaw
Overall team: Dartford
U15/U13 (2.5km)
1 N Phillips (Dart) 13:16; 2 L Fryer (Bel) 13:27; 3 H Coleman (Steyn) 14:07; 4 S Hales (Steyn) 15:00; 5 A Sheldon (AFD) 15:43; 6 N Fox (Dart) 16:27; 7 Z Coleman (Steyn, U13) 16:27; 8 V Brown (SyWC, U13) 16:32; 9 V Penfold (Pemb) 18:06
TEAM: Steyning 14
Overall: Phillips
Overall team: Steyning
U11 (1km)
1 J Hobson (Steyn) 7:35; 2 C Curtis (Dart) 7:41; 3 L Asling (Bel) 7:59; 4 K Towler (AFD) 8:01; 5 E McNally (Bel) 8:36; 6 S Willis (Pemb) 8:38; 7 L Sparks (Dart) 9:18; 8 C Tomlin (Dart) 9:27
Overall: Hobson

LANCS 20km Bury

Men (all Lancs WC)
1 D Evans 1:51:07; 2 J Hardy (M50) 2:00:07; 3 R Marsden (M70) 2:01:22
Women: P Evans (W40) 84:18

March 5

ARCHER CUP 10km Chigwell

Men
1 N Carmody (MPAA, M40) 47:37; 2 R Craggs (RAF) 52:36; 3 A Seddon (MPAA, M50) 52:57; 4 G Smith (MPAA) 54:22; 5 P Hodkinson (MPAA, M50) 54:43; 6 J Gordon (RAF) 54:54; 7 D Fotheringham (MPAA, M65) 56:58; 8 J Johnstone (RAF) 59:46; 9 C Foster (MPAA, M45) 62:59; 10 H Rennie (MPAA, M40) 62:59
TEAM: 1 Met Police 8; 2 RAF 15

March 1

LANCS WC 10km Simester

Men
1 D Evans 54:01; 2 J Hardy (M50) 57:11; 3 D Compton (M55) 57:12; 4 R Marsden (M70) 58:56
Women
1 P Evans (W45) 32:10; 2 A Lennon (W45) 35:27

Overseas

AUSTRALIA

HOBART, February 15/16

Men (AUS unless stated)
Dec: 1 K Banks 7915 (10.93, 7.67w, 13.64, 2.06, 48.14 / 15.66, 40.56, 4.40, 56.08, 4:31.10); 2 G McEwen 7684
Women
100 (-0.6): 1 M Gainsford-Taylor 11.49; 2 J Lambert11.64
200 (-1.3): 1 Gainsford-Taylor 22.80; 2 Lambert 23.23; 3 M Vormister 23.31
400: 1 S Andrews 52.18; 2 L Poetschka 53.17
800: 1 T Hodgkinson (NZL) 2:01.57; 2 S Dawson 2:03.58; 3 S Roberts 2:03.62
3000: 1 K Anderson 8:48.48; 2 S O'Sullivan (IRL) 9:08.99; 3 K Willis 9:14.16
4x100: 1 NSW Inst. 44.54; 2 Combined Team 45.31
HJ: A Inervarity 1.87
TJ: T Dixon (NZL) 13.20/-0.8
DT: 1 L-M Vizaniari 61.78; 2 M Nacsa 54.34; 3 A Lever 53.72
Hept: 1 C Thompson 5534 (13.91, 1.71, 12.12, 24.99/ 5.78, 35.02, 2:24.47); 2 T Morrow 5229

FRANCE

PARIS HALF-MARATHON, March 9

Men
1 P Ruto (KEN) 62:12; 2 A Limo (KEN) 62:14; 3 P Kokine (RUS) 62:16; 4 D Kapitanov (RUS) 62:22; 5 J-P Monciaux (FRA) 62:39
Women
1 A Tecuta (ROM) 69:37; 2 L Moanga (ROM) 70:37; 3 Z Dahmani (FRA) 71:56; 4 C Dallenbach (FRA 72:10

ITALY

CINQUE MULINI, San Vittore Olona, March 9

JON BROWN completed his racing programme prior to the World Cross Country Championships by scoring another significant win over his arch-rival Paulo Guerra.

The European champion took second place in the "Five Mills" race after a frantic four-man finish.

He was sandwiched by Ethiopians Girma Tola and Habte Jifar but held off the former European champion from Portugal.

The women's race, won by world champion Gete Wami, was significant from a British viewpoint for Melissa Moon taking seventh place a week after being controversially thrown out of the British Trials for wearing her sponsor's vest.

Men (11km)
1 G Tola (ETH) 34:06; 2 JON BROWN 34:07; 3 H Jiffar (ETH) 34:07; 4 P Guerra (POR) 34:09; 5 U Pusterla (ITA) 34:14; 6 E Barngetuny (KEN) 34:24; 7 V Modica (ITA) 34:38; 8 A Carosi (ITA) 34:48; 9 D Cishahayo (BUR) 34:55; 10 H Korir (KEN) 35:00; 11 L Zeroual (MAR) 35:04; 12 P Costley (NZL) 35:11; 13 A Lambruschini (ITA) 35:20; 14 E Iser Ben (BRA) 35:21; 15 L Di Pardo (ITA) 35:26; 16 G Maffei (ITA) 35:31; 17 S Makinen (FIN) 35:33; 18 M Abaoub (ALG) 35:38; 19 V Hautala (FIN) 35:57; 20 H Ramaala (RSA) 36:00
Women (5km)
1 G Wami (ETH) 17:10; 2 A Sandell (FIN) 17:12; 3 A Worku (ETH) 17:25; 4 L Sabano (KEN) 17:38; 5 M Curatolo (ITA) 17:43; 6 AM Daneels (BEL) 17:50; 7 M Moon (NZL) 17:53; 8 S Olteanu (ROM) 17:57; 9 P Di Napoli (ITA) 18:06; 10 A Weyermann (SUI) 18:07; 11 S Sbrissa (ITA) 18:08; 12 S Hotesa (ETH) 18:09; 13 A Hare (NZL) 18:11; 14 A Correia (POR) 18:18; 15 VIKKI McPHERSON 18:19; 16 A Balsamo (ITA) 18:31; 17 P Testa (ITA) 18:35; 18 S Statkuviene (LIT) 18:40; 19 C Garbelli (ITA) 19:11; 20 E Bonanno (ITA) 19:14

JAPAN

OHTSU MARATHON, March 2

Men
1 M Fiz (ESP) 2:08:05 (world lead); 2 T Tumo (ETH) 2:09:00; 3 J Pinheiro (ESP) 2:09:11

NAGOYA WOMEN'S MARATHON, March 9

Men
1 M Biklagirova (BLR) 2:29:30; 2 H Suzuki (JPN) 2:29:36; 3 T Tobise (JPN) 2:29:37; 4 A Ichihasi (JPN) 2:29:50; 5 M Ogawa (JPN) 2:30:20

NETHERLANDS

ALPHEN 20km, March 8

FLORA London Marathon hopefuls Eamonn Martin and Amanda Wright pronounced themselves happy with their performances in windy conditions, *writes Bob Frank*.

Wright, who arrived to find the women's race was 15km and not 20km, finished third as Joyce Chepchumba repeated her 1996 victory.

The Kenyan clocked 49:21, 48 seconds faster than last year and 32 seconds inside Katrin Dorre's six-year-old course record.

Twice winner Kathrin Wessel was second, as she was last year, with Wright third in 50:22.

She said: "I felt quite comfortable and I was closing on Wessel in the last 2km.

"I'd worked out my splits expecting it to be 20km but I was pleased with how it went.

"I ran 16:34 for the first 5km and went through 10km in 33:38 - I'd been looking for 34 minutes for 10km if it had been a 20km race and I was aiming for 51 minutes so I was well inside that."

Martin's 13th place in 60:07 suggests he's in better form than usual for this time of year.

He said: "I was looking for 60 minutes, which equates to a 63:18 half-marathon if you keep it going for another 1.1km, so I wasn't far out.

"I ran 64-and-a-half at the Great North Run before I won the Chicago Marathon so I'm on schedule. It was nothing outrageously fantastic but I know where I'm at."

Martin was with the lead group until the 15th kilometre with 1995 winner Marco Gielen going on to win in 58:57. Among those behind Martin was three-time winner and course record-holder (57:29) Marti ten Kate.

Martin flies out to Lanzarote tomorrow (Thursday) but will be back to lead Basildon in the Puma Cell Relay at Crystal Palace (March 22) and the South of England 12-Stage Relay a week later.

Men (20km)
1 M Gielen (NED) 58:57; 2 M Baket 59:15; 3 G van Hest (NED) 59:21 ... 13 EAMONN MARTIN 60:07 ... 35 PETER HAYNES 63:19 ... 43 SIMON BELL 65:55
Women (15km)
1 J Chepchumba (KEN) 49:21 (rec); 2 K Wessel (GER) 50:07; 3 AMANDA WRIGHT 50:27 ... ANNETTE BELL 56:38

PORTUGAL

LISBON HALF-MARATHON, March 9

LIZ McCOLGAN predictably went to the top of the 1997 UK rankings with third place in 70:36.

Her time was even more impressive considering the strong winds which husband Peter felt were worth 90 seconds.

Peter said: "Liz was happy with her run because it's her first race since the Tokyo Marathon whereas Tegla Loroupe has been racing and is in good shape.

"Loroupe was going for a world best, so she and Fatuma Roba got away from Liz at the start.

"But it was a pleasing run, particularly as there were a lot of elbows flying at the start as the masses seemed to swamp the elite runners."

The former world 10,000m and half-marathon champion flew immediately after the race to Lanzarote for a week's training before finalising her Flora London Marathon preparations in Florida.

Mohamed Mourhit from Morocco was also going for a world best, but had to settle for a 19-second victory over world half-marathon champion Stephano Baldini.

Men
1 M Mourhit (MAR) 61:16; 2 S Baldini (ITA) 61:36; 3 A Pinto (POR) 61:39; 4 S Korir (KEN) 62:16; 5 D Ceron (MEX) 62:18
Women
1 T Loroupe (KEN) 69:00; 2 F Roba (ETH) 69:43; 3 LIZ McCOLGAN 70:36; 4 F Silva (POR) 71:40; 5 R Maraoui (MAR) 71:58

USA

LOS ANGELES MARATHON, March 2

Men: El Maali Chaham (MAR) 2:14:16
Women: L Kiplagat (KEN) 2:33:50

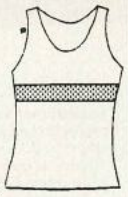
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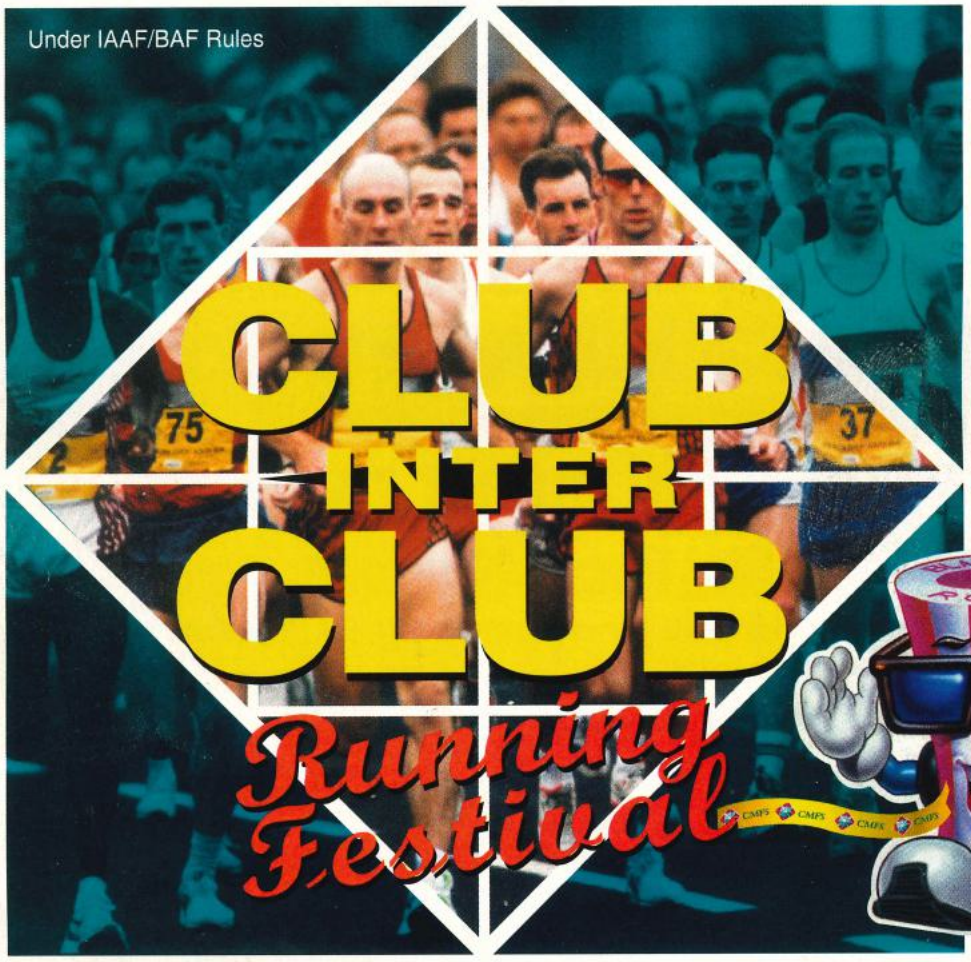
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32 TMY

Club Members
FINANCIAL SERVICES





Sunday 6th April 1997

10:30am Wintergardens

ALL RACES ON A CLOSED ROAD CIRCUIT

10:30am	U13 BOYS	1 MILE	11:20am	U17 GIRLS	1 MILE
10:40am	U13 GIRLS	1 MILE	11:30am	"GLADIATORS" CHARITY RELAY	1 MILE (Teams of 3)
10:50am	U15 BOYS	1 MILE	11:45am	ELITE, U20, SEN & VET WOMENS OPEN	3Km.
11:00am	U15 GIRLS	1 MILE	12:00pm	ELITE, MENS INVITATION	5Km.
11:10am	U17 BOYS	1 MILE	12:20pm	U20, SEN & VET MENS	5Km.

ENTRY FEES: £1:50 per individual per race

CHEQUES/POSTAL ORDERS payable to: The Blackpool Running Festival

ADDRESS:Club Inter Club Running Festival, P.O.Box 512, Cheadle, Stoke on Trent, ST10 4DJ

Telephone: 01538 703203

BAF AGE GROUPS: Ages as at Midnight 31st August 1996 (six)

AAA view from.

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BLACKPOOL